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## Blame is shame

Sexual-assault centre launches campaign to spread the message that victims need you to believe—not blame—them

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## DOWNTOWN DEVELOPMENT

MIXED-USE TOWERS TO TRANSFORM THE FACE OF DOWNTOWN CITY BLOCK

PAGE 3



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## AIRING DIFFERENCES

From left: Liberal Leader Stephen McNeil, Progressive Conservative Leader Jamie Baillie and NDP Leader Darrell Dexter share a laugh prior to the start of a radio debate at News 95.7 in Halifax on Thursday afternoon. The hourlong debate was highlighted by a disagreement over funding for a Canadian Football League stadium in Halifax. Story, page 4

JEFF HARPER/METRO

# Group calls for rent control

**Elections.** ACORN encourages renters to push political candidates for action on tenants' rights

Quoted

"We aren't really asking for anything new. We're asking for a mistake of the previous government to be corrected and very few politicians are willing to bite on it." Evan Coole, ACORN Nova Scotia co-founder

A national advocacy group for low- and middle-income families is urging tenants in Nova Scotia to make the reinstatement of rent control an election issue.

"Rent control ... ensures affordability in housing and prevents cash grabs by landlords," said ACORN Nova Scotia co-founder Evan Coole at a town hall meeting Thursday in Halifax. "It's possibly one of the best and most cost-effective ways to provide affordable housing."

About two dozen people came to the meeting on tenants' rights and the merits of rent control.

Many shared frustrations about the cost of housing and flaws in the Residential Tenancies Act that make it difficult to

get fair treatment.

"The system we have now is a slightly more regulated version of the old contract-based landlord and tenant law," explained Dalhousie University law student Bruce Muir.

Several people sought advice on everything from illegal rent hikes to arguments over basic maintenance.

"Even a simple thing of getting a new fire extinguisher, the one they had ... was expired," said Jonathan Brigley, who's had to consult a lawyer over other issues. "I brought it to my landlord ... he said, 'If it's in your apartment, it's your responsibility to replace it.'"

Muir urged participants to work together on universal issues, even though the act prevents tenants from filing claims

as a group.

"You can still work with other people in your apartment to build a good case, but you just have to apply separately," he explained.

No provincial candidates attended the meeting, and Coole urged everyone at the meeting to raise tenants' rights with local contenders.

Most people in attendance signed an open letter that will be sent to every candidate.

"It's really sad and unfortunate, given how many voters are tenants, that our issues aren't on the agenda," said Coole. "(We) aren't party donors, we have lower incomes than landlords and in a lot of cases, landlords are actually candidates."

RUTH DAVENPORT/METRO

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# More cranes coming to downtown Halifax

**22nd Commerce Sq.**  
Thiel family submits an application for a massive mixed-use twin-tower project



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

A local developer has submitted an application to city hall this week to begin transforming an entire block into a striking new mixed-use development.

22nd Commerce Square, owned by Robin Halifax Holdings, will be a 500,000-square-foot twin-tower condo-hotel-retail-commercial entity on the block bounded by Granville, Hollis, George and Duke streets.

"It is an ambitious project, but I think it's a project that Halifax is more than ready for," said Eugene Pieczonka, principal architect with Lydon Lynch.

The massive project will include new Class-A office space and a 3,000-square-foot public atrium connecting Granville to Hollis.

Wolfgang Thiel, president of Robin Halifax, said the decision to redevelop the entire block was prompted by RBC's recent decision to leave its building at Hollis and George streets.

"It's almost impossible in Halifax right now to attract new tenants with those buildings, because they're 40 years

old or even more," said Thiel. "So we thought, this is the right time to develop all our buildings."

Several existing buildings will be demolished to make way for the new project, but four heritage buildings on the block will have their exterior facades preserved.

The Bank of Commerce Building, best known as the former Merrill's, will be kept intact and its "delicate interior finishes" will be preserved.

Pieczonka said preserving that particular building was an early priority in the design phase.

"We had to then design the new development to somehow leave that (building) intact and wrap its way around it in an interesting and respectful way," he said.

The development has been entirely constructed within HRM by Design parameters and no variances will be required. The company is hoping to have site-plan approval by the end of the year.

Although it's just one of several major mixed-use developments underway or nearing completion in the downtown core, Thiel said he's confident there's enough demand for living and office space to go around.

"I'm very excited about this plan and I'm so happy I made the choice," he said. "It will not just help us, it will help Halifax."

Follow Ruth Davenport on Twitter @ncnvenientruth



The proposed design at the corner of George and Granville streets for 22nd Commerce Square. CONTRIBUTED

## Why let all that heat go down the drain?

Among the many energy-saving features that will make 22nd Commerce Square LEED platinum is one that's gloriously geeky and a little gross: A heat-recovery system that draws energy from solid waste.

- In layman's terms, the system recovers energy from poop in the building's toilets, which will be used to heat the building.
- "Obviously there's a lot of

embedded heat in that material, so let's take the heat away from it," said architect Eugene Pieczonka, adding the technology, though new, is well-established and has a solid track record.

1 NEWS

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# Premier pounces on McNeil's position on funding CFL stadium

**Stadium in Halifax?**  
Leaders debated how to fund a possible football venue

Liberal Leader Stephen McNeil's stance on public funding for a stadium in Halifax capable of holding Canadian Football League games is a contradiction, NDP Premier Darrell Dexter said Thursday.

Nova Scotia's three main political party leaders were asked during a radio debate in Halifax whether they would be willing to support using taxpayers' money for a stadium in the city.

"I never arbitrarily rule out any particular project, but I want to see a business case, I want to see something that is sustainable for the long term," Dexter said, adding that he has invited Halifax Mayor Mike Savage to put forth such a proposal. "I'm happy to have a look at it."

McNeil said it's an idea

that should be entertained if a private-public partnership can be made.

"I would enter into the conversation with them, sure," McNeil said during the debate hosted by News 95.7. "I think it would be irresponsible for us not to at least enter into that conversation, but it would depend at the end of the day what that project was."

Dexter said McNeil's position is inconsistent, referring to the Liberal leader's opposition to the NDP government's financial support for the private sector.

"He is saying that he would be prepared to put money into a public-private partnership that would support a CFL franchise, but he wouldn't put any money into a company that's coming here to create jobs for Nova Scotians," Dexter said, calling it a "substantial" contradiction.

"He ended in exactly the opposite place from where he started, just so everybody

## Mayor a fan of idea

Mayor Mike Savage has been a proponent of bringing the CFL to Halifax, and league commissioner Mark Cohon has supported exploring the idea of setting up a team in Atlantic Canada.

understands."

McNeil rejected Dexter's accusation, saying public funding for a football stadium could boost community infrastructure.

"It's no different than if you go across rural Nova Scotia, government has a responsibility to ensure that the community infrastructure is in place," McNeil said.

Progressive Conservative Leader Jamie Baillie said he would not support funding a stadium until there is a formal proposal before him and even then, only if he believes the province can afford it.

THE CANADIAN PRESS



News 95.7 radio host Rick Howe, left, hosts a debate with, from left, Liberal Leader Stephen McNeil, Tory Leader Jamie Baillie and NDP Leader Darrell Dexter in Halifax on Thursday. JEFF HARPER/METRO

## Stemming the exodus of Nova Scotians a hot topic

New figures on outmigration provided ammunition on the campaign trail Thursday as Nova Scotia's main party leaders clashed over how to kick-start the province's economy to stop the flow of workers to Western Canada.

The figures from Statistics Canada show that Nova Scotia's population dropped by 900 from April 1 until July 1

of this year, leaving the province with 940,800 people.

Preliminary estimates from the agency indicate the province lost 1,100 people in interprovincial migration exchanges with Alberta during that same time span.

The figures made for fodder during a radio debate hosted by News 95.7, where Progressive Conservative

Leader Jamie Baillie accused Liberal Leader Stephen McNeil of having no plan to reverse that trend.

Baillie said high business taxes and electricity costs are contributing to the problem.

McNeil, who said better apprenticeship and training programs are the way to attract and retain people,

responded with a personal anecdote.

"I have a son who left this province to go to Alberta," he said. "It wasn't because of high taxes. It wasn't because of power rates. It was because he had no job."

Baillie countered, "They are actually related, Stephen. That's what you don't get."

Premier Darrell Dexter

## Going West

# 1972

The population drop is the largest decrease for that time period since 1972.

also challenged McNeil on the matter, taking issue with

the Liberal leader's promise not to offer forgivable loans to attract private investment.

"He would force companies out of this province, so he would drive down employment," Dexter said, who has defended his government's assistance to lure companies in an effort to grow the economy. THE CANADIAN PRESS

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# Sex offender being released, police warn

**High-risk.** Public warned about vigilante activity



**HALEY RYAN**  
haley.ryan@metronews.ca

The RCMP in Nova Scotia is warning the public about a high-risk sex offender who is

being released from prison on Friday.

Shane Smith, 36, is being released from the Dorchester Penitentiary in New Brunswick after finishing a three-year sentence for offences that include sexual assaults, with both boys and girls, ranging in age from four to 18.

Police say Smith will be residing in the Aylesford area of the province and has been

assessed at a high risk to re-offend.

RCMP spokesman Cpl. Scott MacRae said he doesn't know where Smith lived when he committed the sexual assaults.

MacRae said Smith's conditions are "fairly lengthy," but include restrictions on Internet use and contact with children under 16. He's also to be at least 100 metres away from any public park, public swim-

ming area, daycare centre, school ground or community centre where children might be present.

The RCMP are alerting the public to Smith's release so residents can take precautionary measures, said MacRae.

"We have to caution the public that any form of vigilante activity will not be tolerated, and will be investigated by the RCMP," he said.



Shane Smith, 36 COURTESY RCMP

## RCMP comment

Although Cpl. Scott MacRae of the RCMP said he understands the public's concern with allowing a high-risk offender into the community, he said Shane Smith has fulfilled his sentence and must be released.

## Fairview area. Stolen ambulance-equipment bag found with drugs still inside

An ambulance-equipment bag with potentially lethal drugs inside has been recovered.

Halifax Regional Police warned the public that the bag was stolen around 8:50 p.m. Tuesday. Two EHS paramedics were inside a station at 5 Hartlen Ave. in Spryfield when someone came in and stole the bag.

The bag contained drugs used to treat serious heart

conditions and breathing problems, amongst other things.

At 11:30 p.m. Wednesday, officers located the bag in the Fairview area. Police say the bag was searched and no drugs were missing. The bag has been returned to EHS.

Police are still looking for the person who stole the bag. Anyone with information is asked to contact police or Crime Stoppers. **METRO**



An EHS equipment bag CONTRIBUTED

## Four-vehicle crash

### Tractor-trailer jackknifes on Highway 102

No one was seriously hurt after a four-vehicle crash on Highway 102 on Thursday morning, which police say started after a tractor-trailer jackknifed.

The accident happened at 7:52 a.m. near Exit 5 northbound in the Fall River area.

Police say after the truck jackknifed it collided with three other vehicles, causing extensive damage, but no serious injuries.

Highway 102 between Exit 4C and the Fall River exit was closed for several hours as police investigated.

**METRO**

## Mi'kmaq

### Amend fish treaty rights application: Court ruling

The Nova Scotia Supreme Court has ruled that a dozen Mi'kmaq communities have until the middle of next month to amend an application alleging that Canada has not met its obligation to accommodate fishing treaty rights.

The communities argued that Canada has not accommodated that right despite a Supreme Court of Canada decision in 1999 that found that Mi'kmaq have the right to harvest and sell fish. But the province's Supreme Court says the application can't go ahead because it rests on legal premises that don't accord with present law.

**THE CANADIAN PRESS**

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# To help victims of sexual abuse, 'start by believing'

**Simple message.** Avalon centre launches support campaign for victims



**HALEY RYAN**  
haley.ryan@metronews.ca

I believe you, and this is not your fault.

It's a simple sentence, but Irene Smith of the Avalon Sexual Assault Centre said it's one that makes a huge difference to victims of abuse. They stay silent because they're afraid no one will believe them.

On Thursday, Avalon marked 30 years of history with a conference titled Start By Believing and launched a campaign of the same name.

Starting on Tuesday, Metro Transit will feature posters on their buses that contain facts about sexual assault and bear the message: "To help, you can start by believing."

"We need to take that message out to the general public," said Smith, Avalon's

executive director.

The conference hosted four speakers and educated prosecutors, police, health-care providers and others on how to take a "different lens" when dealing with victims of sexual abuse.

"How can we do things differently, how do we support people who are coming forward instead of blaming victims?" Smith said.

Jackie Stevens, co-ordinator of community education and training for Avalon, said Start By Believing is adapted from a program through End Violence Against Women International.

She said the campaign is timely in light of the death of Rehtaeh Parsons, a 17-year-old girl from Cole Harbour who took her own life, reportedly after years of bullying following an alleged rape when she was 15.

Stevens said Avalon heard from many women who were able to come forward because of Rehtaeh's story and the refusal of her family to "stay silent" or blame the victim.



Avalon Sexual Assault Centre executive director Irene Smith poses for a portrait at the Lord Nelson on Thursday. JEFF HARPER/METRO

Part of the campaign is addressing why we always question the victim's behaviour but not why the offence is happening.

"It's easier to do that than take action against it," Stevens said.

"If we can separate ourselves from people who get sexually assaulted, 'It won't happen to me, and I don't have to be responsible.'"

The importance of the campaign was underlined for Stevens when an Avalon

support group explored the impact of being faced with judgment and disbelief when they talk about abuse.

"This actually furthers their trauma and may shut down that process of them moving forward," Stevens

said.

But when the group encountered support and belief, they could move beyond the violence.

"It mobilizes people to be able to take back control of their lives," Stevens said.

## Lesson No. 1

**"Start by believing. Don't start by saying, 'Really?'"**

Irene Smith, executive director of the Avalon Sexual Assault Centre

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## Rollie rolls on. Cape Breton bar to serve last patrons Saturday

After more than 25 years in business Rollie's Wharf closed on Saturday, leaving 18 people unemployed and taking away a live music venue for local performers and the host site for several charity events.

An emotional Rollie Clarke said he was unable to talk much about the situation at this time, but the restaurant and lounge owner did want to thank all of the patrons who visited his location overlooking North Sydney harbour through the years.

"It's too bad I had to close, but it's just beyond my circumstances. Things had to be shut down," he said. "It's a big hit to the community."

Rollie's opened in 1988 and through the years has been the host site for everything from live music, to jet ski races and the annual Polar Bear swim in the community.

"That fiddle night we had going, that was known in different parts of the world," said Clarke. "It was not only here,

### Half-a-mil gone

"There's probably a half-million dollars in payroll gone out of the community."

Rollie's Wharf owner Rollie Clarke

but Scotland and England. People came here for Celtic Colours and they made it a point to go to Thursday night at Rollies and take in the Celtic Colours at the same time."

The facility has also been the host site for many fundraising events, including numerous Northside Harbourview Hospital Foundation charity events.

"Lynn, Rollie, their staff and family members have been supporting events and projects of the foundation for many years," said Rochelle Hatcher, executive director of the foundation.

"We wish them only the best in their future endeavors."

CAPE BRETON POST



## Feel Flow

Alex Livingston, a painting professor at the Nova Scotia College of Art and Design, prepares to wrap up his artwork entitled Flow at his Halifax studio on Thursday. Flow, and other artwork, will be part of this year's NSCAD Art Auction, which takes place at the Port Campus Friday at 6:30 p.m. JEFF HARPER/METRO

### Marathon bombings

## Halifax cops head to Boston

A group of Halifax Regional Police and Halifax RCMP officers is headed for Boston to take part in a fundraiser for Boston police officers affected by the bombings at the marathon in April.

Two bombs exploded near the marathon finish line, killing three people and injuring hundreds more.

An MIT patrol officer was shot and killed during the ensuing investigation, and a transi-authority police officer was injured.

The local police officers will take part in three games to raise money for a memorial fund and a benevolent fund for the wounded officer's family.

The games will take place on Sept. 29 at Northeastern University against the Boston police and fire departments. Donations can be made to the Halifax Boston Charity Event at any TD Bank branch.

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# Woman 'humiliated' in medical exam, court martial told

**'Intimidating.'** Retired petty officer 2nd class James Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women

A former military medical technician left women feeling uncomfortable and even "humiliated" after he touched or looked at their breasts during physical examinations, a court martial heard Thursday.

The second day of a court martial for James Wilks, a petty officer second class who is now retired, featured the testimony of several women who described similar experiences of having their breasts and nipples fondled during exams.

Their identities are protected under a publication ban.



Former military medical technician James Wilks at his court martial.  
FRED CHARTRAND/THE CANADIAN PRESS

One of the women said Wilks ordered her to expose her breasts so he could touch them during a physical exam.

She said he spent a minute or two touching her breasts before ordering her to pull up her hospital gown and get off the examination table.

The woman choked up sev-

eral times as she spoke.

She described how Wilks then told her to bend over and touch her toes while she was wearing only the gown and her underwear.

She said he ordered her to keep her hands on her toes when she tried to keep her loose-fitting underpants from slipping. Wilks pulled up her underpants and held her gown as she was bent over, the court martial heard.

"I was humiliated," she said.

She told the court martial Wilks was "very firm" and didn't give her the impression a breast exam was optional. She described him as "intimidating."

Maj. David Hodson, who represents Wilks, accused the witness of fabricating the episode. Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women over six years. **THE CANADIAN PRESS**

## Cross-border energy. Harper talks tough in New York on pipeline

Canada won't "take no for an answer" from the U.S. when it comes to the Keystone XL pipeline, Prime Minister Stephen Harper said Thursday.

The logic in support of the project going ahead is "overwhelming," and governments at all levels on both sides of the Canada-U.S. border are endorsing it, Harper told a high-powered business audience in New York.

"My view is that you don't take no for an answer," Harper said. "We haven't had that. If we were to get that, that won't be final. This won't be final until it's approved and we will keep pushing forward."

Harper also dismissed the divide between his government and the White House over projections of how many jobs Keystone XL will create.

**THE CANADIAN PRESS**



Stephen Harper delivers remarks in New York. ADRIAN WYLD/THE CANADIAN PRESS

### Justice minister

## Cyberbullying bill coming soon

Justice Minister Peter MacKay says the Tories will introduce new legislation in the fall to fight cyberbullying.

MacKay was at the Canadian Centre for Child Protection in Winnipeg to make a donation to mark the birth of Prince George.

MacKay says the whole nation has been touched by the death of a 15-year-old Saskatchewan boy who was apparently driven to suicide because of bullying. **THE CANADIAN PRESS**

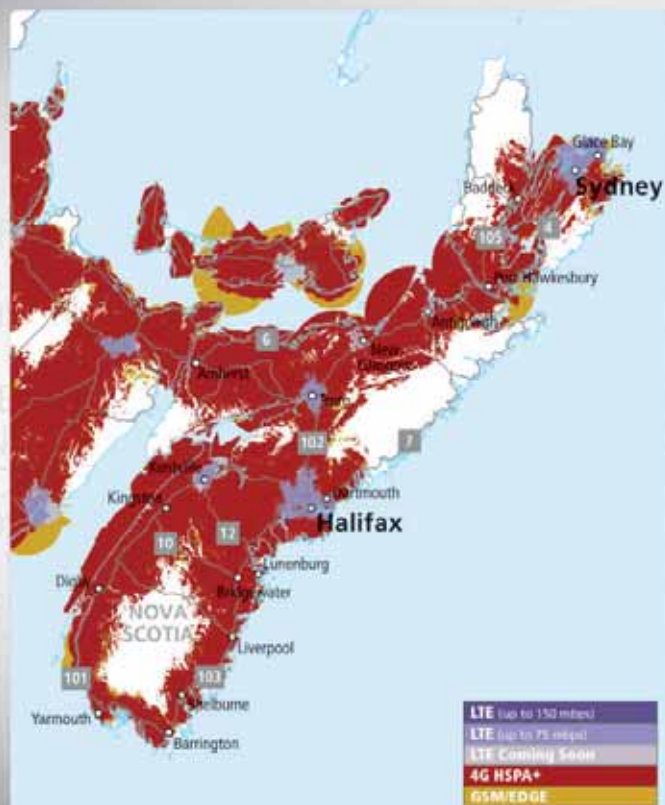
### Arctic Ocean

## Chopper wreck recovered

The Coast Guard says it has recovered a helicopter that crashed and sank in the icy Arctic Ocean, killing three men.

Two ships worked to recover the wreckage of the chopper that went down Sept. 9 in M'Clure Strait.

**THE CANADIAN PRESS**



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### ★ Sunday, Sept. 29

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- Build Beauty from Within

### ★ Monday, Sept. 30

- LK Bennett Trunk Show
- Coats and Boots Event

### ★ Tuesday, Oct. 1

- Find Your Perfect Skin Care
- Cole Haan Special Event

### ★ Wednesday, Oct. 2

- Fabulous Fall Fashion Show

### ★ Thursday, Oct. 3

- Wolford Trunk Show
- Dennis Merotto Trunk Show
- Lionette Jewelry Trunk Show

### ★ Friday, Oct. 4

- Judith & Charles Special Event
- Karen McClintock Jewellery Trunk Show
- Mills Mini Manis

### ★ Saturday, Oct. 5

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## A ride through the Rideau

A cyclist makes his way along the Rideau Canal in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

# Number of doctors rising alongside bill for services

## More on the way.

Report says the number of physicians will continue its rise as more doctors graduate from med school

The number of doctors in Canada is at an all-time high and payment for their services has continued to rise in

lock-step, hitting a jaw-dropping \$22 billion last year, the latest figures show.

Canada had more than 75,000 physicians working in 2012, up almost four per cent from the previous year, says a report by the Canadian Institute for Health Information (CIHI).

Overall payments to physicians by provinces and territories rose by nine per cent in 2011-12, surpassing the growth rate of six and

eight per cent, respectively, in the previous two years. Canadian doctors were paid an average of about \$328,000 before taxes and expenses in 2011-12 — a five per cent increase over 2010-11. The average gross clinical payment per physician ranged from \$258,000 in Nova Scotia to \$376,000 in Ontario.

Last year, almost 28.7 per cent, or \$6.3 billion, of the overall \$22 billion in payments came through alterna-

tive modes of payment, said Walter Feeney, program lead for CIHI's physician databases.

The report suggests physician numbers will likely continue to rise in the coming years, in part because more doctors are graduating from medical schools. Last year, more than 2,600 new Canadian MDs earned their white coats, a jump of almost five per cent from 2011 and 25 per cent higher than five years ago. **THE CANADIAN PRESS**

TOP  
**SIX@6**

Weeknights at 6 KB counts down the HOTTEST songs of the day

6 Lorde Royals

5 Lady GaGa Applause

4 Avicii Wake Me Up

3 Drake Hold On, We're Going Home

2 Miley Cyrus Wrecking Ball

1 Katy Perry Roar

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# Kingston prison closing its doors

## Canada's Alcatraz.

Kingston pen has been home to serial killers such as Clifford Olson and Paul Bernardo

Child killers, rapists, drunks, horse thieves and even boys and girls have all spent time within its high, foreboding walls. Hard time.

Within days, however, its cells will be empty and the historic Kingston Penitentiary, the country's most notorious prison, officially closes.

Since its opening in June 1835, the lakeside "pen" some have dubbed Canada's Alcatraz has been home to assorted miscreants and a veritable who's who of the country's worst criminals.

In recent times, the list includes serial child killer Clifford Olson; Paul Bernardo, who raped and killed two schoolgirls; and Mohammad Shafia, who helped drown his three teenaged daughters.

Appropriately, perhaps,



A photo taken inside the Kingston Penitentiary in the early '90s. DICK LOEK/TORSTAR NEWS SERVICE

it's long been known by prisoners as the Hall of Shame.

Lee Chapelle, a property offender who spent relatively short stints in "KP" in 2001 and 2008, says it was an old rundown dirty "dungeon" that stood out among the

various prisons he'd been in.

"The moment you go through the gates, there is a darkness about it," Chapelle said from Goderich, Ont.

"You feel the heaviness in the air."

The penitentiary, among

the oldest continuously used prisons in the world, is closing because the federal government says it is outdated and too expensive to run. Its future, perhaps as some kind of tourist attraction, is uncertain.

What is certain is that if its tiny, windowless cells and thick stone walls could speak, they would tell stories of violence — perpetrated by, and on, those sent to the infamous Big House.

THE CANADIAN PRESS

## Behind bars

### Notable inmates

**Paul Bernardo:** Convicted in 1995 in Toronto of raping and killing schoolgirls Leslie Mahaffy and Kristen French.

**Clifford Olson:** He was convicted in 1982 of killing 11 children. He may have killed more.

**Russell Williams:** The former commander of CFB Trenton, an air force colonel, was convicted of killing two women in 2010 near the eastern Ontario base.

**Marie-Anne Houde:** She was convicted of murdering her stepdaughter Aurore Gagnon, 11, in Fortierville, Que., in 1920.

**Wayne Boden:** The "Vampire Rapist" was convicted in 1972 of raping and killing three women in Montreal and one in Calgary. THE CANADIAN PRESS

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## Beauty queen sentenced to community service

Kendra McKenzie Gill stands with her attorney before court Thursday in Salt Lake City, Utah. Gill, a Miss River-ton beauty contest winner, and three other teens pleaded guilty to attempted possession of a chemical device after being accused of tossing homemade bottle bombs in a Salt Lake suburb. The charges will be dismissed after completing 200 hours of community service and paying a fine of \$500. RICK BOWMER/THE ASSOCIATED PRESS



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Canadian Greenpeace International activist Paul Ruzycki looks out from a defendant's cage in a court in the northern Russian city of Murmansk. IGOR PODGORNYY/GREENPEACE/HANDOUT

# Family worry over jailed Canadians

## Greenpeace.

Although Russian President Vladimir Putin said Wednesday the activists aren't pirates, he defended their detention

The families of two Canadian Greenpeace members jailed for two months Thursday in Russia after protesting near an oil platform remain concerned for their safety.

It has been one week

since the Coast Guard seized a Greenpeace ship after several members of its crew attempted to scale the Arctic platform. The Arctic Sunrise, with 30 people on board, was towed to Murmansk in north-west Russia, where the crew is being investigated for piracy.

According to Greenpeace, 22 activists have been jailed for two months. A further eight members are being held for three days.

Among those detained for two months are Canadians Paul Ruzycki, 48, of Port Colborne, Ont., who served as chief mate, and Alexandre

Paul, 35, a boatswain from the Montreal area.

No charges have yet been brought against them. Ruzycki's sister, Patti Ruzycki-Stirling, said officials told her the two-month detention was "a preventative measure to ensure that they do not flee the country while Russia is trying to figure out what charges to lay."

She said her family remains worried, particularly because Ruzycki suffers from lupus, an autoimmune disease, and likely doesn't have access to his medication.

TORSTAR NEWS SERVICE

## Duck Lake, Sask.

### Boy arrested after threatening to shoot staff

Mounties have charged a 15-year-old boy after staff at a school in northern Saskatchewan say a student threatened to shoot them.

RCMP Sgt. Craig Cleary says police got a complaint on Wednesday from three staff members at Stobart Community School in Duck Lake.

The boy is charged with three counts of uttering threats and mischief and is scheduled to appear in provincial court in Saskatoon on Friday.

THE CANADIAN PRESS

## Ottawa. Two girls plead guilty, third still on trial in teen-pimping case

Two of three teenaged Ottawa girls accused of befriending other teens through Facebook and other social media before forcing them to work as "escorts" have pleaded guilty in a surprise about-face at trial.

Court was told Thursday that the two girls had reached a resolution with Crown prosecutors.

Justice Diane Lahaie has ordered a pre-sentence report and a psychiatric review of a girl who pleaded guilty to six charges, including human trafficking, making and dis-

tributing child pornography and exploitation.

She is to be sentenced on Dec. 20.

A 17-year-old girl facing the fewest charges in the case pleaded guilty to four charges including exploitation, assault, uttering threats and breaching the conditions of her bail.

The third accused, a 16-year-old girl facing the most charges in the case, did not change her not guilty plea. Her trial will continue in October.

THE CANADIAN PRESS



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# 'The white widow' wanted in connection with terrorist plot

**Samantha Lewthwaite.** Daughter of a former British soldier was born in Northern Ireland and grew up northwest of London

The tabloids call her "the white widow," a Northern Ireland-born Muslim convert who was married to one of the suicide bombers in the 2005 attack on London's transit system. And for days now, the British media have been rife with speculation she took part in the terrorist takeover at a Nairobi shopping mall.

On Thursday, Interpol, acting at Kenya's request, issued an arrest notice for 29-year-old fugitive Samantha Lewthwaite — not in connection with the mall attack, but over a 2011 plot to bomb holiday resorts in Kenya.

If Lewthwaite indeed embraced the jihadi cause, it would mark a chilling turnaround for the apparently

grieving widow who originally condemned the London transit bombings and criticized her late husband, Jermaine Lindsay, for taking part.

Officials have not made public any evidence linking her to the mall attack. The Interpol notice did not mention it. And al-Shabab, the Somali Islamic extremist group behind the takeover, denied any female fighters participated.

Interpol said this is the first time it has been asked to issue a "red notice" for Lewthwaite. The wanted-person alert said she is wanted on charges of possessing explosives and conspiracy to commit a felony in December 2011.

"Kenyan authorities have ensured that all 190 member countries are aware of the danger posed by this woman, not just across the region but also worldwide," Interpol said in a statement.

There was no immediate explanation from Kenyan police on why it asked for the alert now. **THE ASSOCIATED PRESS**



A view of a laptop computer screen showing the Interpol website, which features a "Red Notice" for the arrest of Samantha Lewthwaite, inset. She is wanted in connection with a 2011 plot to bomb holiday resorts in Kenya. OLI SCARFF/GETTY IMAGES; INSET: INTERPOL VIA GETTY IMAGES

## Shipwreck

### Divers find human remains near Costa Concordia

Divers spotted human remains Thursday near Italy's Costa Concordia cruise ship and DNA tests will determine if they are the last two bodies missing among the shipwreck's 32 victims,

authorities said.

The search for the remains of an Italian female passenger and an Indian waiter resumed after the capsized luxury liner was rotated upright last week in an unprecedented marine salvage operation 20 months after it crashed into a reef off Giglio Island.

The remains will be examined by forensic experts. **THE ASSOCIATED PRESS**

## Savoie region

### French mountain climber stumbles upon box of jewels

A French mountain climber stumbled upon a case of dozens of cut jewels, worth hundreds of thousands of dollars — believed to be debris from one of two Air India crashes decades ago,

police said.

Police Cmdr. Sylvain Merly of France's Savoie region said the experienced Mont Blanc climber, who asked to stay anonymous, found the box marked "Made in India" while scaling one of the peak's glaciers and turned it in on Sept. 9.

Authorities hope to find someone connected with its owner. **THE ASSOCIATED PRESS**

## 7.7-magnitude quake

### Militants target relief helicopter in Pakistan's quake-stricken area

Separatist militants fired two rockets that narrowly missed a Pakistani government helicopter surveying a region devastated by an earthquake, underscoring the dangers

authorities face in helping victims in the impoverished province of Baluchistan.

The doctor in charge of the main hospital in the area said the facility doesn't even have an X-ray machine or a laboratory and that supplies were running low, as the death toll from Tuesday's 7.7-magnitude quake climbed to 355 with nearly 700 people injured.

**THE ASSOCIATED PRESS**

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# Ex-president convicted of war crimes

**Historic verdict.** Taylor is the first head of state convicted by the international war crimes court since World War II

More than a decade after fuelling a murderous cam-

paign of terror in Sierra Leone by supplying rebels with arms, Charles Taylor was definitively convicted and imprisoned Thursday for 50 years, in a ruling that finally delivered justice for victims.

The appeals chamber of the Special Court for Sierra Leone upheld the 65-year-old former Liberian president's conviction on 11 counts

of war crimes and crimes against humanity, including terrorism, murder, rape and using child soldiers.

Taylor is the first former head of state convicted by an international war crimes court since World War II and Thursday's confirmation was welcomed as underscoring a new era of accountability for heads of state.

"This is a historic and mo-

mentous day for the people of Sierra Leone and the region," UN Secretary-General Ban Ki-moon said in a statement.

"The judgment is a significant milestone in international criminal justice, as it confirms the conviction of a former head of state for aiding, abetting and planning war crimes and crimes against humanity."

THE ASSOCIATED PRESS



Taylor's lawyer Morris Anyah speaks to the media after the verdict at the Special Court for Sierra Leone on Thursday. KOEN VAN WEEL/THE ASSOCIATED PRESS

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## Dominican Republic

## By the numbers

### Many Haitians stripped of citizenship

The Dominican Republic's top court on Thursday stripped citizenship from thousands of people born to illegal migrants, a category that overwhelmingly includes Haitians brought from their neighbouring homeland to work on farms. The decision cannot be appealed, and it affects all those born since 1929.

THE ASSOCIATED PRESS

The constitutional court's ruling says officials are studying birth certificates of more than 16,000 people.

- 40,000 people of Haitian descent have been refused identification documents.
- 500,000 Haitian migrants now live in the Dominican Republic.
- Over 10 million is the population of the Dominican Republic.



### Prince Harry to the rescue

Britain's Prince Harry attends a reception for MapAction at the Royal Society in central London Thursday. MapAction's service is unique: It's the only non-governmental organization with a capacity to deploy a fully trained and equipped humanitarian mapping and information-management team anywhere in the world, often within just hours of disasters. IAN VOGLER/THE ASSOCIATED PRESS



# Baird wants to break up forced marriages

**Problems at home.**  
219 cases of forced marriage in Ontario were reported from 2010 to 2012: Study

Foreign Affairs Minister John Baird, buoyed by the success of his mission at the United Nations to launch an initiative to

end child and forced marriage, now hopes to turn his attention to the problem at home.

"This is all a part of promoting Canadian values," Baird told Torstar News Service in a phone interview Thursday. "We want to be a key champion to ending this practice. We really want to put this issue on the table. It's a topic people don't want to discuss. It's a difficult topic, but it's finally

come out of the shadows."

Baird said he plans to meet with Minister of Justice Peter MacKay and the minister responsible for status of women, Dr. Kellie Leitch, about forced marriages in Canada, a recent report on the issue from the South Asian Legal Clinic of Ontario, and possible solutions.

His comments come on the heels of SALCO's disturb-

ing study, which found 219 reported cases of forced marriage in the province between 2010 and 2012, of whom 97 per cent of the reported victims were women.

The majority of these cases — 81 per cent — unearthed in the study involved victims 16 to 34 years old. Most were forcibly removed from Canada and married abroad.

TORSTAR NEWS SERVICE



Activists in Turkey protest child brides forced into marriage — a problem that also exists in Canada, according to Baird. BURHAN OZBILICI/THE ASSOCIATED PRESS

## Nick Rizzuto. Ex-Mob boss received tax refund despite owing \$1.5M

The federal government has confirmed that a former Mafia don was given an undeserved cheque for \$381,737.

A spokesman for Revenue Minister Kerry-Lynne Findlay says the unwarranted tax refund has since been recovered and he suggested Thursday that federal employees responsible could face punishment.

The statement came after a published report that the Canada Revenue Agency gave the since-deceased Nick Rizzuto that refund when, in fact, he owed the taxman \$1.5 million.

Rizzuto had just been arrested as part of a sweeping police operation in November 2006 and sent to prison. The elderly Mob boss was eventually released, and was murdered in his kitchen in 2010.

Enquete, an investigative program on Radio-Canada, says Rizzuto received a cheque dated Sept. 13, 2007, for more than \$381,000. A photo of a cheque worth

\$381,737 made out to Rizzuto was posted on Radio-Canada's website on Wednesday.

"As has been reported in the media, the income tax refund that was incorrectly sent to Rizzuto has been recovered in its entirety," said an emailed statement from Findlay spokesman Alex Seguin.

"This Government considers any misconduct by tax officials unacceptable. Those responsible for misconduct must be held accountable. We are acting to hold people accountable."

Radio-Canada, the French-language CBC network, quoted Jean-Pierre Paquette, a former Canada Revenue Agency auditor, as saying he told the Rizzuto family not to cash the cheque and that he even went to Rizzuto's home to get the cheque.

Paquette said he believes the cheque was probably the work of a corrupt civil servant.

The opposition assigned blame at the political level over the issue. THE CANADIAN PRESS

### Vancouver

## Man charged in toilet-cam case surrenders to police

The co-owner of a former high-end Vancouver restaurant who has been charged with observing or recording people while they were naked on a tiny camera allegedly hidden in a bathroom has turned himself in to police.

Vancouver police Const. Brian Montague said Thursday that Allan Bosomworth turned himself in to sheriffs at the provincial courthouse Wednesday and was escorted to the Vancouver jail.

Bosomworth was charged Sept. 11 with one count of

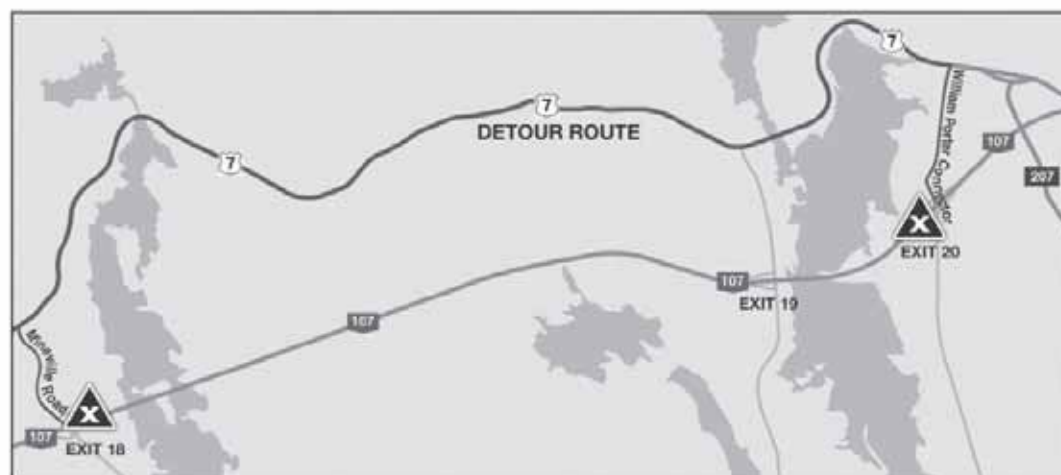
"secretly observing nudity in a private place," and just two days later was named in an arrest warrant. Two former servers have said the second owner at the restaurant told them he found the camera in the eatery's bathroom while cleaning. The second owner has not been charged with anything.

The offence allegedly took place at the now-closed Two Chefs And A Table restaurant between Dec. 14, 2012, and Dec. 18, 2012, and police have previously said one victim has been identified by images recorded on a camera, but they could not identify other victims due to the poor video quality.

THE CANADIAN PRESS

## TRAFFIC ADVISORY Highway 107- Night time Closures

Highway 107, between Exit 18 (Mineville Rd.) and Exit 20 (William Porter Connector), is closed to all traffic during night time hours for repaving and widening.



From Monday through Saturday the road is closed from 7 p.m. until 6 a.m. On Sunday morning the road will stay closed until 8 a.m.

By doing this work at night the Province is able to maintain normal traffic flow during the busy daytime hours and reduce the inconvenience to the majority of drivers who use this road.

While this section of Highway 107 is closed a detour is directing traffic onto Highway 7. The Province is providing four variable-message boards and other signs to inform the public of the road closure.

The project will be completed in late October. During the project drivers travelling at night should adjust their travel times to accommodate the detour.

NOVA SCOTIA



# Hells Angel found dead after police close in



A Hells Angels member is believed to be dead after escaping from prison. GETTY IMAGES

**Montreal.** Quebec police targeted a small cottage in which the biker was believed to have been hiding

Escaped prisoner and Hells Angels member Rene Charlebois has been found

dead on an island northeast of Montreal.

Quebec police confirmed that the body of a man was found early Thursday morning at a residence in the municipality of Ste-Anne-de-Sorel. Investigators have not ruled out suicide as the cause of death.

Provincial police officers surrounded the waterfront cottage, ready to serve an

arrest warrant, at around 1:15 a.m. Thursday, CTV Montreal's Stephane Giroux reported.

Neighbours said they heard gunshots moments later.

Preliminary reports suggest officers did not fire their guns.

Charlebois, 48, was discovered missing from the minimum-security Montée

Saint-François prison in Laval, Que., on Sept. 14 during a routine headcount.

He had been in custody since 2003, after pleading guilty to second-degree murder in the killing of a police informant.

He was, however, approaching the end of his sentence with just three years to go.

**TORSTAR NEWS SERVICE/METRO**

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## Paris fashion show protest

An activist of Femen, a feminist Ukrainian protest group, leaves the Tuileries Gardens in Paris after being removed by security staff for disturbing the presentation of Nina Ricci's ready-to-wear Spring/Summer 2014 fashion collection Thursday. THIBAUT CAMUS/THE ASSOCIATED PRESS

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# Gordon Brine: Making people smile



**JENNIFER  
TAPLIN**  
jennifer.taplin@metronews.ca

Gordon Brine has pulled children from the path of oncoming cars and made crossing an insanely busy road safe for countless others, but his heroism is also of the everyday sort.

He makes people smile. "He makes my day," said Lindsay Linkletter as she took her seven-year-old daughter to school. "He always gives a big smile, and he spreads that joy through the community and keeps us safe."

Brine, bored of retirement from the military, wanted to keep busy. In the first two years on the job, he pulled three kids out of the way from cars on Connaught Avenue.

"The lights went out and the cars saw the lights go out and they kept going," Brine said. "The biggest thing is if the people would only think

about what we're doing here, they wouldn't be flying by."

Police regularly patrol the area, and Brine occasionally reports licence plates.

Even considering the danger, Brine wasn't afraid to take on the traffic on Connaught five years ago, but it was difficult finding a partner. Nobody wanted the job.

Charlie Slaunwhite, a friend of Brine's brother, was also looking for part-time work after retiring from the transport industry. So, three years ago, he took up the vest and stop sign. The two good friends pass the time "dancing together," Brine said, telling jokes, and talking about the weather and the traffic.

But the absolute best is the children. Brine and Slaunwhite say they don't have a favourite, but there is one six-year-old special needs girl who holds a soft spot in their hearts.

"She was scared of every-

## Soft spot in their hearts

**"Every day they make her feel special, holding her hand, making her smile even when she's in a bad mood."**

Denise Burchall, mother of Roma Login  
Crossing guards Gordon Brine and Charlie Slaunwhite hold a soft spot in their hearts for Roma

body, but now we have her talking," Brine said. "She comes down here about 8:30 a.m. and normally she wants my hand to cross the street."

Denise Burchall, mother of little Roma Login, said the two crossing guards have adopted her daughter.

"Every day they make her feel special, holding her hand, making her smile even when she's in a bad mood," Burchall said, crossing with her daughter one morning.

"Hey Roma? Gordon and Charlie love you."



Gordon Brine helps escort people across Connaught Avenue. CONTRIBUTED

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## Social media

## Twitter, NFL ink deal to show football videos

The National Football league has struck a deal to show game highlights and other video content on Twitter ahead of the micro-messaging service's initial public offering of stock.

The deal is part of Twitter's Amplify program, which lets TV broadcasters show ad-supported video clips in users' Twitter feeds as users discuss what they are watching on TV in real time. Other partners include The Weather Channel, the National Basketball Association, Warner Music and CBS. **THE ASSOCIATED PRESS**



The NFL said this is the first time it has partnered with a social-media company. **THE ASSOCIATED PRESS FILE**

## Telecom

## Rogers, Sprint to offer wireless system in cars

Rogers Communications and U.S. wireless carrier Sprint Corp. say they will offer Canadians high-speed Internet access in their vehicles through a new service announced Thursday. They said the service will be available from auto manufacturers that deploy Sprint's Velocity system in Canada. **THE CANADIAN PRESS**

## Market Minute



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# Digital giants contribute \$7.3B to Canuck economy

**New report.** Industry also faces challenges including lack of R&D and skilled workers

Facebook, YouTube and other digital platforms contribute \$7.3 billion a year to Canada's economy and employ nearly 80,000 people, a report says.

Whether they're being used to disseminate music, provide remote access to health care or interact with customers, digital platforms are transforming businesses and creating efficiencies, said the report called Canada's Digital Imperative: Measuring Digital Platforms' Labour Market and Economic Impact.

However, the industry also faces challenges, including constraints on corporate resources, lack of skilled workers, and inadequate research and development, the report by the Information and Communications



Twitter, YouTube and other digital platforms are changing the way companies in Canada do business, as well as creating jobs and adding economic value, a new report says. **PHOTO ILLUSTRATION DAVID VAN DYKE/METRO**

Technology Council found.

"Digital platforms are increasingly providing enterprises with greater connectivity, resulting in profound changes in the way they do business and ... deliver digital content," the report said.

The report defines digital platforms as anything that allows content producers and consumers to interact, including social media such as Facebook, user-generated content such as YouTube and meeting applications such as WebEx.

The industry is expected to double within five years to \$14.8 billion a year in revenue, while employment is expected to increase by more than one-quarter, creating 22,000 new jobs by 2018, the report estimates. **TORSTAR NEWS SERVICE**

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# Ireland's alco-holiday prompts introspection

**Dublin.** Arthur's Day, a Guinness-sponsored annual festival, leaves a bad taste for many

Ireland's love affair with pub and pint is sparking national soul-searching as never before because of an unofficial holiday dreamed up by Guinness.

Thursday's celebrations of Arthur's Day, honouring the 18th-century founder of Ireland's quintessential drink, featured surprise musical performances in 815 pubs and clubs across Ireland as well as concerts worldwide from Malaysia to Jamaica.

Launched in 2009, Guinness says the annual festivities provide a needed tonic for a 7,500-strong Irish pub network struggling to maintain profits in the face of a five-year debt crisis that has ravaged employment and incomes.

## Not a supporter

**"They shouldn't call it Arthur's Day. They should call it Vomit Day."**

Convenience-store manager Aisling Fitzsimons, who has to hose down the sidewalk outside the store most weekends

Many pubs are offering free pints of the dark brown stout at 5:59 p.m. — a reference to the founding of Guinness in 1759 — followed by the appearance of a band or singer, among them internationally popular acts, many kept secret until that moment. All entertainers are paid by Guinness' British parent, Diageo.

"It's really a musical treasure hunt. It's one of my favourite nights of the year," said David Doolan, a 28-year-old software engineer who plans to follow tweeted tip-offs as musical acts turn up in Dublin pubs. He's caught parts of impromptu perform-

ances by Tom Jones, Mumford & Sons and Stereophonics in past festivities.

But this year, Guinness has been put on the defensive amid surging protests that Arthur's Day is compounding an alcoholic culture that costs Ireland about \$5.15 billion annually in hung-over workers, a Europe-leading rate of liver disease, late-night vandalism and violence in hospital emergency rooms.

"They shouldn't call it Arthur's Day. They should call it Vomit Day," said Aisling Fitzsimons, a 50-year-old manager of a convenience store who says she has to hose down the sidewalk outside most weekends.

Two performers who definitely aren't playing are Irish folk singer Christy Moore and the Celtic rock band The Waterboys. Both have penned anti-Arthur's Day songs that harness an Irish sense of unease of being played for fools by a brewing behemoth.

THE ASSOCIATED PRESS



Arthur's Day, an annual celebration invented by Guinness, is seen by some as a chance to see surprise performances by top musical acts. But others see it as an event that compounds Ireland's alcohol culture. LIZ BEDDALL/METRO FILE

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# GLOBAL CHANGE NO SMALL GRATIFRY

**1 Social Good Summit.** This conference in New York was trending on Twitter under the hashtag #2030now. It focuses on the innovative role new media can play in shaping long-term, sustainable solutions to the planet's ills, from human rights to poverty. Actor/social do-gooder Ian Somerhalder was on one panel and said we can use social media "to create quantifiable change globally." Let's do it.

**2 Terry Fox.** Canada's national treasure, who has inspired generations with his Marathon of Hope to raise awareness and money for cancer research, was inducted into Canada's Walk of Fame Saturday. The fight on Terry's behalf will continue until a cure is found. You can watch the Walk of Fame Awards on Oct. 27 on Global.

**3 #WeirdEmmys.** The Emmys were trippy and awkward, starting with Will Arnett's orange-glow tan and continuing with the curious picks for winners and the, er, lifeless tributes to recently deceased actors. Many people ended up switching to Breaking Bad or, in my case, to the season premiere of Battle of the Blades on CBC. Or it just put them to sleep before they could even channel-surf.



THE METRO LIST  
**Neil Morton**  
metronews.ca

**4 Dream Job.** Richard Peddie, the former CEO of Maple Leaf Sports and Entertainment, has a new book, Dream Job, coming out Oct. 22. It promises to take us behind the scenes at MLSE and inside the boardrooms and dressing rooms of major-league sports. This is a must-read — but one I wish included a chapter on a Stanley Cup or NBA title run for the Leafs and Raptors.

**5 Agents of S.H.I.E.L.D.** Marvel's newest TV series, an offshoot of The Avengers, premiered Tuesday on ABC to great ratings — fuelled by a buzz campaign that saw it achieve one million fans on its Facebook page before it even aired, apparently a new record for a series launch. Further proof that everything good can be traced back to social media.

**6 Dragons' Den season 8.** The iconic Canadian show that has inspired countless entrepreneurs begins its eighth season next Wednesday (Oct. 2) at 8 p.m. on CBC. Special episodes this year include an only-in-Canada episode highlighting products that only Canucks could have drummed up. Such as scrotum lotion. I'm scratching my head wondering why I didn't come up with that first.

**7 River Phoenix.** A book called Last Night at the Viper Room, due out in October, tells the life and death story of acclaimed actor River Phoenix at age 23 in 1993. The teen idol (Stand By Me) died of a drug overdose in front of the West Hollywood club. What Cory Monteith was to the tweens/teens of this generation, River was to those of his generation.

**8 Breaking Bad.** The finale of this show, considered one of the best dramas ever, is this Sunday on AMC. Now that it's over, I think it's about time I start watching this show and discover how remarkable Bryan Cranston is.

**9 Anna Faris.** It's always amusing to see people get on Twitter and figure out how it works. Like actress Anna Faris, who started tweeting recently, and had gems like "What the heck is retweeting? And why does it feel so good?" And then there was "I feel like the world needs to know that mayonnaise is my favorite condiment #amisupposedtohaveit everytime."

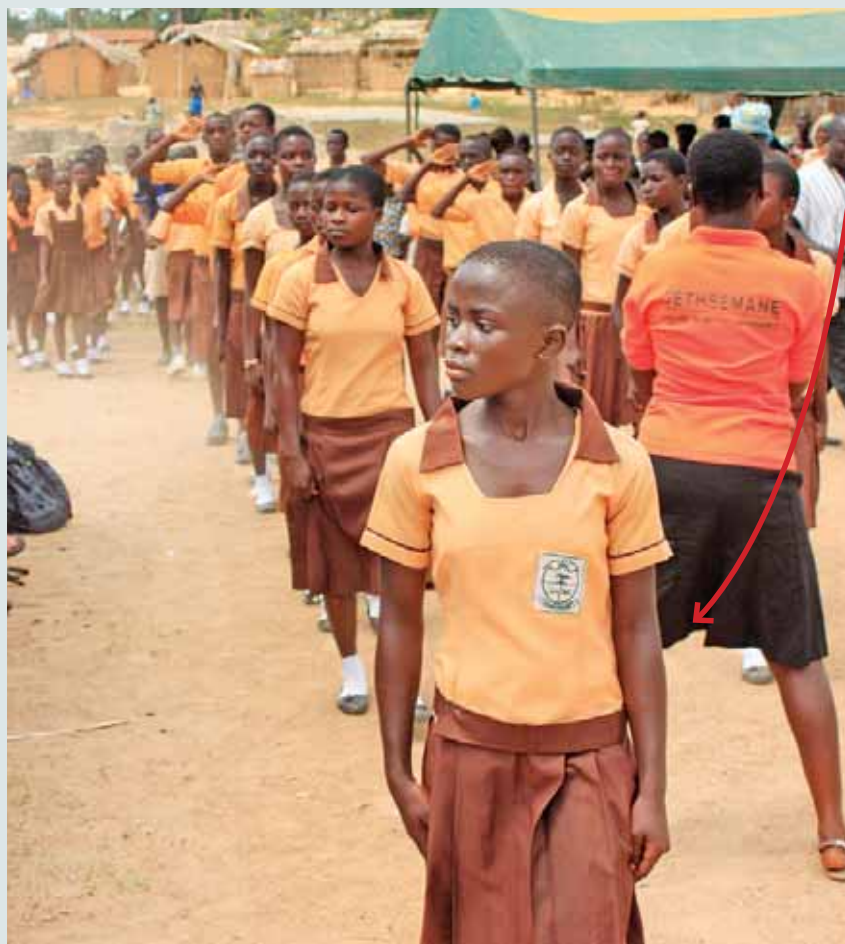
**10 Gratifries.** You can now get a Whopper with lower-fat french fries, as Burger King is introducing Gratifries, which have 40 per cent less fat and 30 per cent fewer calories than rival fast-food fries. Now McDonald's has to introduce a GratiMac to answer the bell.



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## ZOOM

### Ghana students walk the walk



COURTESY IAN YACOBUCI

#### Breaking through child labour in Africa

At first glance it looks as though these students share the same struggles as any other student: homework assignments, curfew and chores.

But in actual fact they have worked hard with their community for the chance to obtain an education in a village that is plagued with child labour in the oil-palm industry.

One-third of children in Nyameyiekrom, in the western region of Ghana, cannot attend school because they are needed to chop oil-palm fruits with heavy, bladed poles by climbing high up the trees. **METRO**

#### Free the Children

- In 2008, the community of Nyameyiekrom built a small school out of bamboo for four teachers and 288 students.
- Free the Children has since built an additional school room, and are confident they will be completing more rooms with latrines and water sources in the future.
- Visit [metowe.com/trips](http://metowe.com/trips) to get involved.

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Whether you watch the show or not, a glance at Twitter or eavesdropping on co-worker conversations makes it perfectly clear we've hit peak Breaking Bad. If you do watch the series, there's going to be a substantial hole to fill your free time with after Sunday's finale. These will do the trick.



COURTESY GINO SANTA MARIA

#### Orphan Black:

The other performance/show certain folks couldn't stop talking about this year was the mighty Tatiana Maslany swapping costumes and characters as if she were brushing away a fly in this Toronto-based sci-fi clone mystery. (Available for purchase on iTunes)

#### Peep Show:

We don't know what's in store for us Sunday night, but we can all be pretty confident it will be bleak. Cleanse the palate by mean of one of the U.K.'s funniest shows. A simple

Odd Couple setup shot entirely from the characters' first-person perspective, it's an endlessly entertaining parade of bad behaviour and poor life decisions. (Streaming on Netflix)

#### House of Cards:

No, not the Kevin Spacey joint that peppered bus stops and subway stations when it debuted a while back. Head for the BBC original, where the increased subtlety of the scheming nicely reflects the difference between the U.S. and British political systems. (Streaming on Netflix)

#### Twitter



@nmlaire: This is why I stick with Google maps

@metropicks asked: A glitch in the Apple map app directs drivers to the Alaska airport runway. Are we becoming too dependent on technology?

@AidanNg: Technology is invented to assist and not to be blamed. We as users, are. There's a difference between being dependent and lazy

@sheldoncoelho: No, we're becoming too dependent on Apple products.

@PKAbstraction: When you pay hundreds for a phone, it should do its job properly. But people should pay bloody attention.

@AlexGoatcher: I work in a visitor centre & the amount of people who are map illiterate scares me. They ask for addresses for mountains & lakes

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### Synopsis

When we first meet Niki Lauda (Daniel Brühl) and James Hunt (Chris Hemsworth) they are third stringers, talented Formula Three drivers desperate for a chance to move up to the big show. Bad blood flows between the two, stemming back to an incident when Hunt edged Lauda off the track the first time they faced off against one another. Cut to the 1976 Formula One season. Lauda seems unstoppable, until tragedy strikes and Lauda is badly burned in a fiery crash. During his recuperation Hunt rises in the ranks, leading to a showdown for the World Championship at the Japan Grand Prix.

• Richard: ●●●●●

• Mark: ●●●●●

### Reel Guys

## RICHARD CROUSE AND MARK BRESLIN



**Rush.** Ron Howard's race flick leaves the romantic storyline in the pit and allows the realism of those hairpin turns to tell the story

**Richard:** Mark, in some ways Rush is a paint-by-numbers story — Formulaic One, maybe? — of opposites.

Lauda and Hunt face off in predictable ways — the kind of thing we've seen in other sports films — but the film really takes off in its second half when the characters show some growth and the racing scenes take centre stage.

Director Ron Howard

takes us inside the cars — literally.

The races are exciting, visceral and as close as I'll ever get to rounding a hairpin curve at super sonic speeds. What did you think?

**Mark:** The races are well done, no doubt.

But there has to be more, and often there is. I loved the groovy Euro-'70s milieu of the movie, the sensuality of the cars themselves, and the behind-the-scenes politics of the Formula One game. But the movie is episodic, and lacks — wait for the pun — narrative drive.

Chris Hemsworth is an arrogant rogue in the Lightning McQueen mode, but Daniel Brühl plays a rival racer with the soul of an actuary.

Neither of them are exact-

ly nice guys; in fact, they're a couple of grand prix.

**RC:** Ha! I liked Brühl.

It would have been easy to play Lauda as a one-note egoist, but as his character finds his passion after the horrific accident, Brühl adds complexity, bringing him to life as a fully rounded man.

Hemsworth hammers it home, proving there is more to him than playing superhero Thor in The Avengers movies, but I really thought Brühl showed the most range.

**MB:** Burning half your face off will often give you that range.

He goes from a man who won't smile to one who can't smile.

But he's also an unsympathetic martinet for a lot of the

movie, and I kept waiting for Ron Howard to go back to the Hemsworth story, which was more fun. How do you think the movie stacks up against classic racing movies like Le Mans or Winning?

**RC:** I think it compares well to movies like Winning, Grand Prix and Days of Thunder, but the racing flick it has most in common with has to be Le Mans, just for sheer speed-demon spirit. Remember Steve McQueen's famous quote about racing? "Anything that happens before or after ... is just waiting."

**MB:** A good quote indeed. I thought Rush was a bit more realistic than the other movies, less romanticized, and had the balance of storyline and racing just about right.



Rush keeps the sappy on the sidelines and lets the racing do the driving. CONTRIBUTED

# Some spark, some fumes

# 2 SCENE

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## Games

Angry Birds  
Star Wars II

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Yoda may finally be in the slingshot for this Star Wars-themed sequel, but it's the Emperor (voiced by Ian McDiarmid) who steals the show with "pork side" cackles.

DVD. Iron  
Man 3 writer  
puts his own  
mark on the  
franchise

Despite writing its script, Drew Pearce wishes Iron Man 3 could have featured more Jon Favreau, who plays Happy Hogan in the blockbuster.

There was a lot of Favreau in the first two films, which follow billionaire Tony Stark, who moonlights as a superhero. Favreau also directed the two movies before being replaced by Shane Black, who co-wrote the script with Pearce.

So you can forgive Pearce for forgetting he and Black actually cut some of the former director's scenes from the film.

"There are things that are cut in the final two weeks because that's when you make some of your biggest editorial decisions. ... So Shane and I will be talking and forget that a scene like Jon's didn't even make it in the movie."

Iron Man 3 comes out on Blu-ray and DVD on Tuesday.

THE CANADIAN PRESS

## Comedy



## Don Jon

Director. Joseph Gordon-Levitt

Stars. Joseph Gordon-Levitt, Scarlett Johansson

• • • • •

For a first attempt at writing and directing a movie, Don Jon is a promising peek at what Joseph Gordon-Levitt may have up his sleeve. In the case of this R-rated inception into filmmaking, it's a profane portrayal of a young porn-addicted Romeo who falls for the seemingly ideal woman (Scarlett Johansson). As the film progresses, Gordon-Levitt's storyline slumps a bit by repetition, but compelling performances (and a couple clever cameos) definitely compensate this crass comedy.

STEVE GOW

## Drama

The Spectacular  
Now

Director. James Ponsoldt

Stars. Miles Teller, Shailene Woodley

• • • • •

The Spectacular Now may be this generation's The Breakfast Club. It's by no means as funny — it doesn't intend to be — but similar themes (and even the tidy use of an essay as an epilogue) are definitely present. In the film, a charming teen reluctantly falls for his rebound girlfriend even as he battles burgeoning alcoholism and a fuzzy future. Deftly directed by James Ponsoldt (Smashed), few films deal with teenage drama with such skilled tenderness.

STEVE GOW

## Animation

Cloudy With  
a Chance of  
Meatballs 2

Directors. Cody Cameron & Kris Pearn

Stars. Bill Hader, Anna Faris

• • • • •

After destroying his water-into-food machine, Flint Lockwood (Bill Hader) assumes his hometown is safe from oversized food. But soon after accepting a job from his hero Chester V (Will Forte), Flint learns that his malfunctioning machine is creating a new menace: food animals. And once again, Flint and his gang must save Swallow Falls. What this fun, imaginative sequel may lack in premise, it makes up for in fantastic animation, wild inventions and even wilder "foodimals." REGAN REID

## Documentary

Metallica:  
Through the Never

Director. Nimrod Antal

Stars. Metallica, Dane DeHaan

• • • • •

It is difficult to imagine how anyone who's not already a fan might care about Metallica: Through the Never (although a band that has sold 100 million albums globally has a pretty solid base). In what's essentially a 90-minute music video, the concert film weaves a strong riot-themed narrative amidst the metal legends' greatest hits. While filmmaker Nimrod Antal makes it all palatable on the screen, you'll still feel pretty assaulted by the monotony — unless you're a metalhead.

STEVE GOW

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# Floating over adversity: Bullock displays gravitas in new space film

**Gravity.** Star of *Speed*, *The Heat* learns to convey more with less in a weighty role about a weightless astronaut



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

"I think we need to make another movie about how we made this movie," says Sandra Bullock on the filming of *Gravity*, her new lost-in-space film.

The *Heat* star plays Dr. Ryan Stone, an astronaut untethered from her space shuttle following a debris storm. Cut loose from her space partner (George Clooney) and her ride to Earth, she drifts through the inky dark-

ness until discovering a way to survive.

"The film is about adversities, and we were going through adversities," says director Alfonso Cuarón. "Everything was a big challenge."

Technically, the shoot was arduous. Recreating the zero-gravity of space required Bullock to learn to move at 30 per cent of her usual speed, and to be trussed up like a marionette on a 12-wire system and other torturous devices.

"We had a consultant from Guantanamo Bay come in," jokes Cuarón.

Emotionally the shoot also presented issues. How could Bullock portray the impassioned inner life of the character when covered with a helmet and spacesuit for much of the performance?

"I think every actor will tell you that they are always



Sandra Bullock in a scene from *Gravity*. COURTESY WARNER BROS. PICTURES

panicked about being able to convey something with the least amount of preciousness," she says. "If all you have are your eyes or your

face, just feel it truthfully. For me, I didn't think about being behind the visor. It was still my whole body feeling it.

"But a lot of times you'd feel yourself emoting something and they'd say, 'No, we didn't see anything.' I just had to trust in what (Cuarón)

saw. I saw nothing. I heard nothing. I had him in my head and I just had to trust that.

"It's a weird profession. You have to unscrew your head and screw on this other head of what this other person is going through and you go, 'Wow, that's not a pretty place to live all day.'"

Working with Clooney, who she's known since before they both were famous, also provided support.

When she was having trouble with a particular scene, Clooney sent an email with a some suggestions on how to make it work. "It's not my business," he wrote, "so throw this in the trash or use it."

As it turns out, his ideas were bang-on. "That's the gift of knowing someone for so long," she says. "He gives you gold tidbits like that. It's sweet."

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**NOW PLAYING**





Colin Hanks poses at the Guess Portrait Studio during the Toronto International Film Festival on Sept. 6 in Toronto. LARRY BUSACCA/GETTY IMAGES

# Little moments tell a big story in John F. Kennedy film

**Parkland.** Movie relives Kennedy's assassination and doesn't shy away from focusing on the infamous day's 'supporting characters'



NED EHRBAR  
Metro World News in Hollywood

Colin Hanks joins a huge cast to relive the assassination of John F. Kennedy and the days that followed in *Parkland*, coming out as the 50th anniversary of the event itself approaches. It gave Hanks a unique view on history and, as the chief surgeon on duty at Parkland Memorial Hospital that day, a chance to play doctor.

**It's got to be an interesting challenge playing for this kind of historical accuracy.**

The whole goal of this was to show it as it really was, not to play up the importance in that here's this incredibly important day that people will talk about for the next century or the next 40 or 50 years. We were really playing the importance of, "This is happening right now." The whole point of this film is to look at those moments that have been overlooked, that are not necessarily the first thing that people think about when they think about the Kennedy assassination. The stories of the people that were involved — that I call the sort of supporting characters that were on the periphery — they were thrust into a scenario where obviously for the rest of their lives they were thinking about this. So for me, I was really interested in trying to capture that elusive sort of moment in time where you just don't know what's going on and you're just trying to get your bearings. And most of the

time, you're failing.

**In your research, was there anything you learned that surprised you?**

Well, I mean there's tons of stuff. The idea that the same doctors were on call when Kennedy and Oswald were brought in, I had no idea. That they even brought them to the same hospital, those kinds of things. Those little moments of history I think are really the most fascinating, and I think are also quite frankly the ones that people gravitate toward. Those little moments, I think, always speak much louder than any of the specifics that you can get into.

**How much discussion was there on set about the conspiracy theories or the Oliver Stone side of things?**

None, none. There was really no conversation, none of us really talked about it. You know, obviously I was only there for a small portion of the

filming. It was almost like we were making our own different films and we sort of threw them all together. But it was never really a conversation. I think the goal and purpose that we had was to be so focused on these three days to not think about anything else. So that was all that we were really focused on.

**You're shooting in a very confined space.**

Yeah, we had 25 people in a small room, you know? And two of them were holding cameras and there was a boom operator and that was it. So it was a different way of making the movie, but again we were just focusing on those real moments. It sounds redundant because you always try to do that in any job, but this one was a different kind of acting than what I was used to and a different kind of story. We're telling a different aspect of a story that people think they already know a lot about.

## Batman vs. Superman screenwriter won't bow to fan pressure

Superheroes don't ever bow to fan pressure — that's according to screenwriter David S. Goyer, who is co-writing the new *Batman vs. Superman* movie.

He's currently working on the script for the upcoming

comic-book character showdown with director Zack Snyder.

Goyer says, "If I try to think about, 'Well, what would the fans like?' then you stop being creative."

Goyer worked on the

Dark Knight trilogy and has the *Man of Steel* screenplay under his belt, so he's used to doing a little battle with popular opinion.

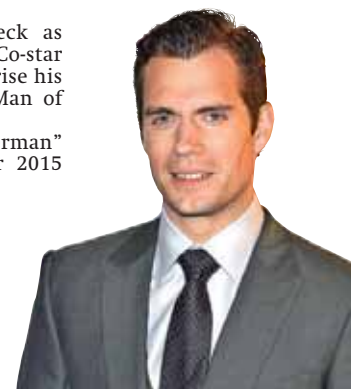
And *Batman vs. Superman* has already faced an online backlash after the



casting of Ben Affleck as the caped crusader. Co-star Henry Cavill will reprise his role as Clark from *Man of Steel*.

*Batman vs. Superman* is set for a summer 2015 release.

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2 Guns (14) Digital, Dolby Stereo Fri-Thu 7:35-10:15  
The Art of the Steal (STC) Digital, Fri 1:05-3:45-6:55-9:20 Digital, Sat-Mon 6:55-9:20 Digital, Tue-Thu 1:05-3:45-6:55-9:20  
Battle of the Year (STC) Digital, , Fri-Thu 12:30-9:45  
Battle of the Year 3D (STC), , Fri-Thu 3:20-6:45  
Cloudy With a Chance of Meatballs 2 (STC) Digital, , Fri 12:40-3:20-6:20-9:10 Digital, , Sat-Mon 12:20-12:40-3-3:20-6:20-9:10 Digital, , Tue-Wed 12:40-3:20-6:20-9:10 Digital, , Thu 12:40-3:20-6:20  
Cloudy With a Chance of Meatballs 2 3D (STC), , Fri-Thu 1:10-3:40-6:50-9:30  
Copperhead (STC) Digital, , Fri-Thu 7:30-10:20  
Don Jon (STC) Digital, , Fri-Thu 1:35-4:10-7:20-9:55  
Elysium (14) Digital, , Fri-Tue 9:50 Wed-Thu 9:50  
The Family (STC), Digital, Fri-Thu 1:20-3:55-7:25-10:15  
Gravity 3D (STC), , Thu 10:10  
Insidious: Chapter 2 (STC), Digital Fri-Thu 1:45-4:20-7:40-10:20  
Lee Daniels' The Butler (14) Digital, Fri-Thu 1:30-4:25-7:15-10:10  
One Direction: This Is Us - Extended Fan Cut (STC) Digital, , Fri-Tue 1:15-3:50-7:20 Wed-Thu 1:15-3:50-7:20  
Percy Jackson: Sea of Monsters (PG) Digital, , Fri-Thu 12:45-3:40-7:05  
Planes (G) Digital, , Fri-Thu 12:35-3:15  
Prisoners (STC) Digital, , Fri-Thu 12:50-1:40-4:30-6:30-7:50-9:50  
Runner Runner (STC) Digital, , Thu 10:20  
Rush (STC) Digital, , Fri-Thu 12:40-4:15-7:10-10:05  
The Smurfs 2 (G) Digital, , Fri-Thu 12:55  
The Smurfs 2 3D (G), , Fri-Thu 3:30  
We're the Millers (14), Digital, Fri-Thu 12:30-3:25-6:40-9:25  
The Wolverine (14) Digital, , Fri-Wed 9:40

### Imax 190 Chain Lake Dr.

Gravity: An IMAX 3D Experience (STC), , Thu 10  
Metallica: Through the Never — An IMAX 3D Experience (STC), Fri-Wed 1-4-7-10, , Thu 1-4-7

### Oxford Theatre 6408 Quinpool Rd.

The Spectacular Now (STC) Fri 7-9:15



Prisoners. CONTRIBUTED

Sat-Sun 4:45-7-9:15 Mon-Thu 7-9:15

### Park Lane 5657 Spring Garden Rd.

Adore (STC), Fri-Thu 9:15  
Blue Jasmine (14), , Fri 7:10-9:45, , Sat-Sun 1:15-4:10-7:10-9:45, , Mon-Tue 7:10-9:45, , Wed 6:15-9:45, , Thu 7:10  
Cloudy With a Chance of Meatballs 2 (STC), , Fri 6:35, , Sat-Sun 12:55-6:35, , Mon-Thu 6:35  
Cloudy With a Chance of Meatballs 2 3D (STC), , Fri 8:50, , Sat-Sun 3:45-8:50, , Mon-Thu 8:50  
Don Jon (STC), , Fri 6:50-9:25, , Sat-Sun 1:05-4-6:50-9:25, , Mon-Thu 6:50-9:25  
The Family (STC) Dolby Stereo, Fri 9 Dolby Stereo, Sat-Sun 3:35-9 Dolby Stereo, Mon-Thu 9  
Insidious: Chapter 2 (STC), , Fri 7-9:40, , Sat-Sun 1:10-3:55-7-9:40, , Mon-Thu 7-9:40  
Lee Daniels' The Butler (14), , Fri 6:15, , Sat-Sun 12:30-6:15, , Mon-Tue 6:15, , Thu 6:15

Prisoners (STC), Dolby Stereo, Fri 6:20-9:05, Dolby Stereo, Sat-Sun 12:35-3:20-6:20-9:05, Dolby Stereo, Mon-Thu 6:20-9:05  
Rush (STC), , Fri 6:40-9:35, , Sat-Sun 12:45-3:30-6:40-9:35, , Mon-Thu 6:40-9:35  
Salinger (STC), , Fri 6:30, , Sat-Sun 1-3:40-6:30, , Mon-Thu 6:30

### Lower Sackville 760 Sackville Dr.

Cloudy With a Chance of Meatballs 2 (STC), , Fri 9:15, , Sat-Sun 2:30-9:15, , Mon-Thu 9:15  
Cloudy With a Chance of Meatballs 2 3D (STC), , Fri-Thu 6:15  
Don Jon (STC), , Fri 6:45-9, , Sat-Sun 2:50-6:45-9, , Mon-Thu 6:45-9  
The Family (STC), , Fri 6:20-8:50, , Sat-Sun 2:55-6:20-8:50, , Mon-Thu 6:20-8:50  
Insidious: Chapter 2 (STC), , Fri 6:40-9:10, , Sat-Sun 2-6:40-9:10, , Mon-Thu 6:40-9:10  
Prisoners (STC), , Fri 7:30, , Sat-Sun 2:10-7:30, , Mon-Thu 7:30

Rush (STC), , Fri 6:30-8:40, , Sat-Sun 2:40-6:30-8:40, , Mon-Thu 6:30-8:40  
We're the Millers (14), , Fri 6-8:30, , Sat-Sun 2-6-8:30, , Mon-Thu 6-8:30

### Dartmouth Crossing 145 Shubie Dr.

The Art of the Steal (STC), , Fri-Thu 6:15-8:50  
Battle of the Year (STC), , Fri 3:55-9:20, , Sat-Sun 1:15-3:55-9:20, , Mon-Thu 3:55-9:20  
Battle of the Year 3D (STC), , Fri 6:35, , Sat-Sun 3:50-6:35, , Mon-Thu 6:35  
Cloudy With a Chance of Meatballs 2 (STC), , Fri 4-7:10-9:30, , Sat-Sun 1-4-7:10-9:30, , Mon-Thu 4-7:10-9:30  
Cloudy With a Chance of Meatballs 2 3D (STC), , Fri 3:35-6:40-9:05, , Sat-Sun 1:30-3:35-6:40-9:05, , Mon-Thu 3:35-6:40-9:05  
Don Jon (STC), , Fri 3:50-7:30-10:20, , Sat-Sun 1:20-3:50-7:30-10:20, , Mon-Thu 3:50-7:30-10:20  
The Family (STC), , Fri 4:10-7:20-10, , Sat-Sun 1:25-4:10-7:20-10, , Mon-Thu

4:10-7:20-10  
Gravity (STC), , , Thu 10  
Insidious: Chapter 2 (STC), , Fri 3:40-7:35-10:15, , Sat-Sun 12:45-3:40-7:35-10:15, , Mon-Thu 3:40-7:35-10:15  
Lee Daniels' The Butler (14), , Fri 3:30-6:30-9:20, , Sat-Sun 12:30-3:30-6:30-9:20, , Mon-Thu 3:30-6:30-9:20  
Planes (G), , Fri 3:50, , Sat-Sun 1:10-3:50, , Mon-Thu 3:50  
Prisoners (STC), , , Fri 3:40-4:20-6:20-7:40-9:40, , Sat-Sun 12:20-12:40-3:40-4:20-6:20-7:40-9:40, , Mon-Thu 3:40-4:20-6:20-7:40-9:40  
Rush (STC), , , Fri 3:45-7-10:10, , , Sat-Sun 12:50-3:45-7-10:10, , , Mon-Wed 3:45-7-10:10, , , Thu 3:45-7, , Thu 10:10  
We're the Millers (14), , Fri 4:05-6:50-9:40, , Sat-Sun 12:45-4:05-6:50-9:40, , Mon-Thu 4:05-6:50-9:40

### Truro 20 Treaty Trail, Millbrook

Cloudy With a Chance of Meatballs 2 (STC) Digital, Fri-Thu 2:30-9:05  
Cloudy With a Chance of Meatballs 2 3D

(STC) Fri-Thu 6:50  
Don Jon (STC) Digital, Fri 6:55-9:15  
Digital, Sat-Sun 3-6:55-9:15 Digital, Mon-Thu 6:55-9:15  
The Family (STC) Digital, Fri-Thu 9:30  
Insidious: Chapter 2 (STC) Digital, Fri 6:45-9:25 Digital, Sat-Sun 2:55-6:45-9:25 Digital, Mon-Thu 6:45-9:25  
Lee Daniels' The Butler (14) Digital, , Fri 6:30 Digital, , Sat-Sun 2:35-6:30 Digital, , Mon-Thu 6:30  
Prisoners (STC) Digital, , , Fri 7:30 Digital, , , Sat-Sun 2:50-7:30 Digital, , , Mon-Thu 7:30  
Rush (STC) Digital, , Fri 6:35-9:20 Digital, Sat-Sun 2:40-6:35-9:20 Digital, Mon-Thu 6:35-9:20  
We're the Millers (14) Digital, , Fri 6:40-9:10 Digital, , Sat-Sun 2:45-6:40-9:10 Digital, , Mon-Thu 6:40-9:10

### Bridgewater 349 Lahave St.

Cloudy With a Chance of Meatballs 2 (STC) Digital, , Fri 8:50 Digital, , Sat 2:40-8:50 Digital, , Sun 2:40-8:40 Digital, , Mon 8:40 Digital, , Tue 8:50 Digital, , Wed-Thu 8:40  
Cloudy With a Chance of Meatballs 2 3D (STC) Digital, , Fri-Sat 6:30 Digital, , Sun-Mon 6:20 Digital, , Tue 6:30 Digital, , Wed-Thu 6:20  
Don Jon (STC) Digital, , Fri 6:50-9:05 Digital, , Sat 3:30-6:50-9:05 Digital, , Sun 3:30-6:30-9:05 Digital, , Mon 6:30-9:05 Digital, , Tue 6:50-9:05 Digital, , Wed-Thu 6:30-9:30  
The Family (STC) Digital, , Fri 6:40-9:10 Digital, , Sat 3:20-6:40-9:10 Digital, , Sun 3:20-6:25-9 Digital, , Mon 6:25-9 Digital, , Tue 6:40-9:10 Digital, , Wed 9 Digital, , Thu 6:25-9  
Insidious: Chapter 2 (STC) Digital, , Fri-Thu 8:55  
Lee Daniels' The Butler (14) Digital, , Fri 6 Digital, , Sat-Sun 2:30-6 Digital, , Mon-Thu 6  
Prisoners (STC) Digital, , , Fri 7:30 Digital, , , Sat 3:30 Digital, , , Sun 3-7 Digital, , Mon 7 Digital, , Tue 7:30 Digital, , Wed-Thu 7  
Rush (STC) Digital, , Fri 6:10-9 Digital, , Sat 3:10-6:10-9 Digital, , Sun 3:10-6:05-8:55 Digital, , Mon 6:05-8:55 Digital, , Tue 6:10-9 Digital, , Wed-Thu 6:05-8:55  
We're the Millers (14) Digital, , Fri 6:20-8:45 Digital, , Sat 2:50-6:20-8:45 Digital, , Sun 2:50-6:10-8:45 Digital, , Mon 6:10-8:45 Digital, , Tue 6:20-8:45 Digital, , Wed 6:10-8:45 Digital, , Thu 8:45

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# Bryan breaks down Breaking Bad

**Series finale.** Cranston talks about the role of a lifetime and how we're all capable of becoming a person like Heisenberg



**NED EHRBAR**  
Metro World News in Hollywood

I had the chance to visit the set of *Breaking Bad* a few months ago. It's close to freezing in downtown Albuquerque, N.M., but Bryan Cranston isn't allowed to let on that he's cold.

He and Aaron Paul are currently filming a scene in a public square, and though it's the dead of winter in real life, there's apparently no such thing as the dead of winter in the *Breaking Bad* universe.

"They try not to show really any season. It's like, light jackets, windbreakers. We're never in big jackets, you'll never see that. I always wear a T-shirt," Cranston explains.

"My hands are still cold right now."

And that can make shooting the hit series a bit uncomfortable.

"These are conditions; these are little things. Sometimes we're shooting in August and we have to look cool, and sometimes we're shooting in winter and we have to look hot," he says.

Weather woes are just one of the details we picked up from Cranston during a visit to the set of the hit series, a job that has earned Cranston awards and accolades and reinvented his career through playing high school teacher turned meth dealer Walter White. Here's what else we learned.



Bryan Cranston has learned many lessons during his time on *Breaking Bad*. CONTRIBUTED

**He doesn't know if Walt can be redeemed — and he doesn't care:**

"Is it important? It's such a subjective viewpoint. I don't judge him," Cranston says.

"This was all designed. This series is unlike any in the history of television. This show was meant to be discomfiting. The hook was to make him sympathetic. We knew that if we could make you sympathize with him at first — in the first couple episodes, we were rooting for him. You

were rooting for him to make crystal methamphetamine and sell it to the world. Why is that good? There is ambivalence even in that."

**He has a hair strategy:**

"I grow hair out. As soon as every season is done I start growing my hair and start growing my (facial) hair. So I would end up with a full beard and hair, and whatever job is next I would then be able to sculpt how I wanted that look," he says. "Just

## Interview

### How Jesse gets into character

We're on the set of *Breaking Bad*, watching as a pivotal scene in the final episodes of the series is filmed, when an odd sound comes over the headset: rapid, intense breathing, almost hyperventilation, through gritted teeth. Turns out it's just Aaron Paul getting into character.

"I get intense during shooting. Prepping to roll today, I don't know if you saw, but I do get in it," Paul explains later that evening. "(I) make weird grunting noises for some reason; I don't know what it is. Just trying to really feel like I'm living these moments."

And those moments have been anything but pleasant for Paul as his character, Jesse Pinkman, has been put through the ringer in the run-up to the series finale. "It's emotionally wrecked me, yeah. I've truly lived and

breathed this character," he says. "I have a personal connection to him and I love him to death and I want to protect him. It's definitely changed my life."

Don't expect any spoilers from him though.

"Everyone acts like they want to know, but deep down you don't want to know," he says. "You want to live through watching the episodes. You don't want to read the end of a book before you start it."

Paul acknowledges that his future as an actor is incredibly bright, coming off the acclaim and success of *Breaking Bad*. But he's definitely putting Jesse Pinkman and his ilk to rest for a while. "Do I

want to jump onto another loveable drug addict? No. I want to steer far away from that," he says, though don't expect to see him headlining a rom-com anytime soon.

**NED EHRBAR/ MW**



portray this CIA officer."

**He can no longer dress himself:**

"I don't care what a I look like. Look at me, I'm kind of a slob when I'm not dressed in Prada that someone dressed me and put on me and laid out for me," says Cranston,

dressed comfortably in jeans and a plaid flannel shirt. "But I like it that way. I'm so used to people laying clothes out for me, like wardrobe people will. And my wife and daughter love doing that, so I don't have to pick out clothes except when I'm here and no one's around."

**He's found his outlet:**

"Some cope with medication, some cope with calming. I run, and when I run I spew," Cranston says. "I get rid of aggressions and anxieties, and I run. It's a solo act for me. I always sleep better. I always eat better because I feel good about what I've done, I'm more regular — all the things you don't want to know. And my wife now is like, 'Can you go run?' She can sense it. We all need an outlet, and you're lucky if you find it."

**Playing this role has changed him:**

"It's dropped my voice," Cranston reveals.

"If you go back (to the first season,) a couple things have happened. My posture has changed. When I was Walter more often, I was rolled over and kind of world-weary, and my posture changes when I go into Heisenberg. My voice drops, and by dropping my voice — just thinking it, feeling it — my own voice has dropped. It's a little bit lower."

**Everyone is capable of breaking bad:**

"My personal feeling is that every single human being is capable of becoming a Heisenberg of their own. I believe that anyone could become very dangerous given the right set of circumstances, the right buttons being pushed," Cranston says.

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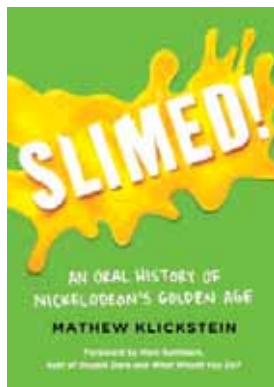
# When pre-teen TV made us sail home from school

**It was the best of times.** A diehard fan makes it his mission to Nick small screen rumours in the bud

Most kids watch Nickelodeon strictly for entertainment. But Mathew Klickstein wasn't most kids.

"I was just always very engaged in what was going on behind the scenes," says the author of the new book **SLIMED! AN ORAL HISTORY OF NICKELODEON'S GOLDEN AGE** MATHEW KLICKSTEIN. "I was almost custom-made to do this book."

Growing up, Klickstein was glued to his TV for now-cult-classics like Hey Dude and Salute Your Shorts. His passion



for what he calls the "golden age of Nickelodeon" — roughly 1983 to 1995 — inspired him to "jump through a lot of hoops" to score interviews with some

of his favourite TV stars of yore. Now, he even counts many of them, like Marc Summers, friends.

Ironically, Klickstein doesn't watch any television these days, as he thinks the quality has gone downhill since his favourite Nick shows were on.

"You could tell immediately that you were watching Nick," he says. "[Their shows] looked different. They were doing something they just can't do now."

But not all of his feelings about TV have changed.

"I've given up in trying to pretend: My favourite shows were Pete and Pete and Ren and Stimpy then, and they're Pete and Pete and Ren and Stimpy now."

METRO

## Four things you didn't know about your favourite Nick shows



It seems as though Sabrina wasn't the only witch on the set. HANDOUT

weren't with each other long enough and they were always being broken up by adults."

- **Kenan & Kel no longer speak.** "Kel was originally Kenan," Klickstein says, in the sense that Kel was originally the more successful of the duo. "Kel sort of shot forward and became a bit of a diva, and suddenly Kenan gets in with Bill Cosby and does Fat Albert, now he's on SNL, so he's the successful one. Kel's doing gospel Christian music now."
- **Melissa Joan Hart has a stage mom.** "Melissa Joan Hart was great — she has the sexiest laugh of anybody I've ever talked to in my life," Klickstein muses. "She and her mom are also very smart in that they own the property to Sabrina [the Teenage Witch] so when they sold that they got Seinfeld-type money. That's why she's doing well — she's able to keep producing because she and mom have a lot of money. Everyone across the board had stories about Melissa Joan Hart's mom Paula — terrible stories. Her name came up so often, she just was a handful for everyone, and a very strange character."

- **There wasn't much hooking up behind the scenes.** "At the end of the day," Klickstein says, "A: They were just kids who were all being very monitored, and B: Most of these shows were only on for a couple seasons — they were just rerun over and over again in syndication. The Midnight Society [from Are You Afraid of the Dark] did all those intros in a couple weeks, and then they were done. They

- **There almost wasn't a Salute Your Shorts.** The camp show was deemed "cookie cutter" and "stereotypical" when the first pilot was written. "The original script was so bad that the VP of production, Geoffrey Darby, held it in front of the producer at the time, and said, 'You know what I think about this?' And threw it in the trash. ... And basically they were like 'Please give us another shot.' And so Geoffrey Darby worked them to completely rework the script."

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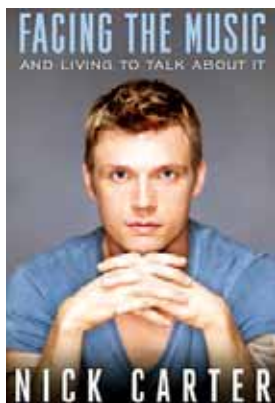
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# Facing the music: Nick Carter dishes on life as a pop phenom

**Memoir.** Backstreet Boy talks to Metro about his new book, wedding plans and upcoming documentary

**MEREDITH ENGEL**  
Metro World News

It's a good time to be Nick Carter: The singer is celebrating 20 years (!) with the Backstreet Boys, is engaged to fitness pro Lauren Kitt and has just published a memoir.

Facing the Music and Living to Talk About It doesn't shy away from the low points of Carter's life, like his battles with substance abuse, and also examines the crazy whirlwind of a life that comes with being an international pop phenom. We stole a few minutes



Backstreet Boy Nick Carter has just published a memoir: *Facing the Music and Living to Talk About It*. GETTY IMAGES

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of Carter's time after a recent book signing.

**Why was now the right time for a book?**

There's never a right time. I kind of let things happen for a reason and that's what happened. I did the show (about my addiction struggles) with Dr. Phil about a year ago, and he mentioned (a book), so we ran with it. I just started writing it to see how it would feel, and then it started feeling really good, therapeutic, and then things started clicking. (I felt) like this could be something that may be helpful to someone who I like to say is in a moment of strength — instead of a moment of weakness — when they want to overcome something.

**Were you nervous to put yourself out there?**

That's the only way I can be. It's all about just putting it all out there. There's so many things in life that use the same theory, and that's: "If you can't be real, then what are you doing it for?" ... I wasn't scared. I was more relieved after it was finally released. I feel every single day as if I'm learning from this experience. Because as an entertainer, yeah, I do give back, but not in this way.

**relationship with Paris Hilton fuelled some of your problems.**

Everyone knew about what was going on and, you know, I wasn't perfect, she wasn't perfect, we just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery. It just wasn't good for me at that time.

**You're getting married! How far are you into wedding planning?**

We're looking (at) I'd say either January or March. We haven't decided that. We are actually in the middle of doing a presentation for a TV show. It might happen — I mean, it's like 70/30 — so we're really working on it and we'll see what happens. But VH1 is interested and it's going to be based around the marriage and about the struggles that still happen to this day, but much more lighthearted stuff.

**And the Backstreet Boys have a documentary coming out too, right?**

That'll be coming out next year as well. We've been through 20 years of a lot and I think people are interested in how we became who we are ... the individuals, our dynamic, the kind of group we are, the success, the failures, everything in one documentary.

**You weren't shy about naming names in the book. You spoke about how your**

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# 10 fun facts about everything Cher

## Closer to the Truth.

With a new album coming out this week and an upcoming tour, the diva is ready for her big comeback

ANDREA  
PARK

Metro World News

Cher hasn't recorded an album in more than a decade, but the diva has been busy lately promoting her new album, *Closer to the Truth*, which hit stores this week.

She performed her lead single, *Woman's World*, on the *Today Show* and has been making the media rounds as part of her big comeback — and she has a lot to say. Here are 10 fun facts to bring you up to speed on everything Cher.

1. She is her own harshest critic. After her *Today Show* performance Tuesday, Cher took herself to task on Twitter. She responded to her fans' praise of her singing and tweeted: "Guess IT Wasn't As Bad As I Thought? Wait, Let Me Rephrase THAT ... I Didn't Hit Notes, Hit Some (Flat), Sharp, Missed BRIDGE on IHYFI, PPL R KIND."

2. Speaking of Twitter, Cher is on it all day. Typos be

damned, no celeb can tweet up a storm like Cher can. She tweeted that she can't handle anything more technologically advanced than a rubber band, but that hasn't stopped her from tweeting style tips, birthday messages to fans and a running commentary on her daily life.

3. She's a mama's girl, and proud of it. Along with her album, Cher just released a documentary for purchase called *Dear Mom, Love Cher*. The diva originally planned to make a 16-minute video tribute to her 87-year-old mother, Georgia Holt, incorporating old tapes of an album Holt recorded, but never released, in 1980. The video turned into an hour-long documentary that aired on Lifetime in May.

4. She hates being "old." Cher doesn't look her age, but she feels it. She's told interviewers that she's 100 or a million years old, but she's actually 67. She told CBS, "People are so shocked that I say I don't like getting older, because I think you're supposed to say, 'Oh, I'm better than ever, and it's great, and blah, blah, blah.' Uh-uh. Not happening for me."

5. She turned down the chance to sing at the upcoming Olympics. Cher is anti-discrimination and she's not happy about Russia's stance

on LGBT citizens. She said she was asked to open the Olympics show in Sochi and declined due to the country's treatment of gays.

6. She didn't like Miley Cyrus' VMAs act. She told CBS she doesn't have a problem with out-there performances or esthetics, but she does have a problem with

"things done badly." She said of the performance, "Outfit, terrible. Dancing, terrible. Singing, average. Performance, terrible."

7. She is a fan of both Clintons. Count Cher in for Hillary 2016. She told the *Guardian* that "Hillary Clinton would make a fine president. I also think that Bill would

be an awful lot of help."

8. She has a love-hate relationship with touring. Cher told *Today* that being on tour has drawbacks. "I understand why guys in bands tear up hotel rooms and throw TVs out the windows. Because it's a very lonely place. The only time you have fun is at the concerts."

9. She struggled with Chaz Bono's sex change. She told CBS she was afraid of "losing" her daughter but that Chaz stayed the same person.

10. Her tour starts next year. This will be Cher's first tour in more than eight years. The *Dressed to Kill* tour begins on March 22 in Phoenix.



Cher during her performance on the *Today Show* on Tuesday. GETTY IMAGES

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# Where the gifted and those born sinners meet

**Tour.** Rappers Wale and J. Cole, two of hip-hop's fastest rising stars, are set to hit stages across the U.S.

**MICHAEL GREGER**

Metro World News in New York

Wale wasn't satisfied. Already a hip-hop heavyweight with a Grammy nomination and a Soul Train award for 2011's Lotus Flower Bomb, he felt the need to change his sound.

"It was all about making a connection with my fans," said the artist, who was born Olubowale Victor Akintimehin. "This is one sound, very soulful ... something a little different."

He's seemingly made that

connection with The Gifted. The album sold 158,000 copies in its first week.

Now the D.C. native is on tour, with J. Cole (the rapper behind the album Born Sinner) along for the ride.

"It was long overdue," Wale said of joining forces with J. Cole.

"We used to talk like if we ever got a break, if we ever made it big, we would do this.

We put out stuff before, but never on the level we are now."

Although The Gifted reads like a who's who list of the hip-hop world, there is one notable exception: his tour-mate, J. Cole. When talk of a collaborative album with the rapper comes up, Wale's voice perks up.

"Yeah, at some point," Wale said. "That would be a good idea ... if time permits."

## Sensitive rapper

One of Wale's peers, Kendrick Lamar, caused quite the stir — scratch that, the L.A. emcee put the hip-hop world on notice — last month when he declared himself the best. Lamar put several rappers on blast, including Wale, whom he mentioned by name in a verse on Big Sean's Control. Wale wouldn't comment on the verse. In fact, when the topic came up, he hung up. However, he did note he doesn't really listen to his peers.



Wale BOTH IMAGES GETTY



## Not your usual finds



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

We're officially into the fall record release season — although not all of these tracks will appear in stores



### Wrecking Ball (Nickelback version)

Last week I subjected you to the Nicholas Cage version of this song (i.e. Miley's head replaced with Cage's). The newest derivation features Chad Kroeger's head. Again, proceed with caution.



### Scentless Apprentice/ Nirvana

The 20th anniversary of the release of In Utero was marked with a new reissue this week. Part of the package includes live recordings from a show in Seattle from December 1993.

### Gimme/Beck

There won't be a full album until next year so this single — also available as a 12-inch vinyl — will have to do until then.



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Michael Lohan

## Daddy Lohan's secret daughter goes under knife to look like Lindsay. Yikes!

Oh my lord, this story makes us want to become nuns, or vegans or something. Something really pure and sober and far away from this kind of Hollywood nastiness. Remember a few years ago when it was revealed that Lindsay Lohan's father Michael Lohan had fathered a secret daughter while still married to Dina Lohan? That daughter, Ashley Horn, is 18 now, and she's gotten \$25,000 of plastic surgery to look more like Lindsay. Are

you back from staring blankly at the horizon, a sweaty drink clutched in your hand? Cool. "My goal was to look like Lindsay in her good days, when she was around 18, 19 years old," Horn, who has never met her famous sister, told *In Style*. She doesn't, really, but Ashley's apparently pleased with the results. "I'm hotter than Lindsay!" she said. "I have no problem saying that." Oh, I think you have any number of problems, girl.

## Galifianakis goes where many would love to tread

We imagine there are a lot of people who have been waiting for a long time to see someone spank Justin Bieber's little butt. Not necessarily for the same reasons. Anyway, they're all in luck. Justin Bieber appeared on *Between Two Ferns*, Zach Galifianakis's mock talk show on *Funny Or Die*. As usual, Galifianakis's talk show host character was sullen, hostile and incompetent, and with



Zach Galifianakis

Bieber he really turns up the hostility. "You've had three hairstyles. What's next for your career?" he demands. Finally the comedian whips off his belt to give Justin a spanking. The whole thing makes the pop star look like a good sport about his recent image troubles, which I imagine was the point.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Open-minded Gwyneth tempts fate with fidelity comment

MELINDA TAUB

Metro World News in NYC

Cheating on your spouse is a big no-no for most people, unless you're married to a really chill, go with the flow kind of lady. You know, like Gwyneth Paltrow.

In her latest film, *Thanks for Sharing*, Paltrow plays a woman dating a sex addict, and she says she could handle it in real life if her spouse was unfaithful.

"I think that if the idea of being committed to someone is important to you, you begin to

value certain parts of your social life over another. No couple is the same, and as such, every couple takes on different challenges. I would like to think that I would be forgiving and/or forgiven, but I can't give an honest answer as I haven't really experienced that," said Paltrow, who's married to Coldplay musician Chris Martin.

Paltrow would be totally cool about cheating, but it doesn't matter, because no one has ever, ever cheated on her. Got it.

The *Iron Man* star also said she'd be able to deal with dating a sex addict. "I'm an extremely open-minded person, so I think if it was something I knew I was getting myself into, I wouldn't let it deter me from exploring the relationship." I love her. I really do.



Brad Pitt and Shia LaBeouf. ALL IMAGES GETTY

## Attention! Wilderness bonding awaits for privates Pitt and LaBeouf

Brad Pitt, Shia LaBeouf and three other *Fury* cast-members were "ordered to go camping together" recently in the English countryside in preparation for the film, according to *Us Weekly*. "They play soldiers in the

same World War II troop, and the director (David Ayer) wanted to make sure they bonded," a source says. "So he dropped them in the wilderness — without their cellphones."



### Twitter



@ladygaga

in the final days finishing ARTPOP. i feel like an atelier. refining seams. ironing fabrics. needling the last thread of my couture creation



@NiallOfficial

I just had a bath for the first time in years! Feels great! Feel 100% now!



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# Baking Beekman style: Buttermilk Pie

**The Fabulous Beekman Boys.** Josh Kilmer-Purcell and his partner Brent Ridge are still enjoying country life — and eats

IZABELA SZYDLO  
lfi@metronews.ca

What do you do after leaving the hectic pace of New York City to buy a 19th century farmhouse in upstate New York?

If you're couple Josh Kilmer-Purcell and Brent Ridge, you launch a local produce company called Beekman 1802 (now one of the fastest growing lifestyle brands in the U.S.) and learn to be farmers — with cameras in tow. Then you race



Josh Kilmer-Purcell and Brent Ridge of The Fabulous Beekman Boys. CONTRIBUTED

around the world on the Amazing Race — and win.

After their 2012 win, Kilmer-Purcell and Ridge are once again gracing TV screens with a new season of The Fabulous Beekman Boys (Tuesdays, 10 p.m. on Cottage Life TV).

The couple also recently published its first book — The Beekman 1802 Heirloom Dessert Cookbook: 100 Delicious Heritage Recipes from the Farm and Garden.

Of this Buttermilk Pie with Pecan Crust, the boys say, "This delectable pie is something Grandma might have made with pecans from the backyard tree and tangy buttermilk. This pie is sweet, rich and just plain lovely."

**1. Crust:** In food processor, combine flour, pecans, sugar, and salt and pulse until pecans are finely ground. Add butter and egg and pulse until dough holds together when pinched but does not form ball. Pat into a flat disk and refrigerate for at least 30 minutes or up to a day.

**2.** On a lightly floured work surface, roll out the dough to a 12-inch round. Roll dough around rolling pin and fit into a



This recipe serves eight. CONTRIBUTED

9-inch pie plate without stretching it, pressing the dough into the bottom and against the sides of the pan. With a pair of scissors or a paring knife, trim the dough to leave a 1-inch overhang all around. Fold the overhang in over the rim to make a double layer of dough and, with your fingers, crimp the dough around the edge. Refrigerate for at least 1 hour before baking (this helps relax dough so it doesn't shrink when baking).

**3.** Preheat the oven to 400 F. Line the pie shell with foil or parchment paper, leaving an overhang, and fill with pie weights or dried beans to weight the crust down. Bake for 15 minutes, then remove

the foil and weights and bake for 10 minutes longer or until golden. Remove the pie shell and leave the oven on but reduce the temperature to 325 F.

**4. Filling:** In food processor, combine sugar and cornstarch and pulse until combined. Add the eggs, butter, buttermilk, lemon zest, and nutmeg and process until combined.

**5.** Pour the mixture into the warm pie shell and bake for 55 minutes to 1 hour, or until the filling is set and just slightly wobbly in the centre. Let cool on a wire rack. Serve at room temperature or chilled, garnished with pecans, if you like.

RECIPE ADAPTED FROM THE BEEKMAN 1802 HEIRLOOM DESSERT COOKBOOK

## Liquid Assets

### O, Canada



LIQUID ASSETS  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

How does fall know? As soon as the first day of autumn hits, there's a noticeable chill in the air and leaves start dropping faster than beats from a Jay Z album.

Actually, I love fall. There's Thanksgiving (my fave wine buying holiday), Halloween and a vibe in the air that gets my palate in the mood for a warming glass of whisky. The rustic aromas and robust flavours of whisky is a perfect foil for the season.

While Canadian whisky has languished in the shadow of its American, Irish and Scottish cousins for way too long, new artisan producers have taken the brown spirit category by storm. Nova Scotia's Glenora makes the only true Canuck single malt at its distillery in Glenville on Cape Breton Island. Though Glenora's Glen Breton Rare 10 Year Old Single Malt Canadian Whisky (\$72.95 to \$88.10) doesn't hide its Scottish influences, it adds its own twist with soft aromatics and a smooth attack on the palate.

Typically served on its own or over ice, it makes an appealing partner for many cheeses and desserts, especially the pecan-influenced pie sharing my page today.

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# He just did it: Attorney raises the bar with steep stock of Nike sneaks

**Try this one on for size.** Athletic shoe fanatic puts record-setting collection on eBay

**KIERON MONKS**  
Metro World News

He's a trained attorney but Jordan Geller's true passion lies in his Guinness World Records-certified largest collection of sneakers in the world — more than 2,500 pairs and all of them Nike — displayed in his custom-made ShoeZeum in San Diego. Geller, 36, has now put his collection onto eBay and hopes to make \$1 million.

**What's the appeal and what makes a great sneaker?** I think it's all about the technology and innovation — does

it have air? Shocks? What's behind the scenes that make it cool? It could also be that it was made for a certain athlete that achieved great things wearing it, like the shoes Michael Jordan or Pete Sampras won a championship in.

**What are the greatest efforts you have gone to for a pair?** I go to great lengths all the time: camping out at stores, waking up at 4 a.m., my life is one long scavenger hunt for shoes. One time a famous DJ (DJ AM) with a world-renowned collection passed away and his family auctioned them. I bought 50 pairs and convinced his family to sell me two other rare pairs that only had 50 and 72 made.

**What have you sacrificed for your collection?** It's never a sacrifice because this is what I love. I'm an attorney and I suppose I don't



Sneaker aficionado Jordan Geller says he wears Nikes everywhere he goes, including to black-tie parties. CONTRIBUTED

use that much because I've always chosen to buy and sell shoes instead. It does take a lot of time — I always cut Thanksgiving dinner short

because the day after is the best sales day of the year.

**Despite your obvious commitment, Nike banned you**

**from their stores. How are your relations with them now?**

They banned me but that just inspired me to build

**I would walk 500 miles...**

**"I go to great lengths all the time: camping out at stores, waking up at 4 a.m., my life is one long scavenger hunt for shoes."**

Jordan Geller  
Shoe collector

the ShoeZeum to prove I am more knowledgeable and passionate than anyone. The seven top Nike executives then flew down on a private jet to check it out and paid my rent for three months, then 70 executives came for guided tours. The ban is lifted now. I've asked their chief talent scout for a job many times — he says I have no experience but may be able to get something in the \$40,000 range.

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The secret to eliminating fat deposits is to "open up the door" of the fat cells and allow them to drain their fat contents. The fat is then redirected to the muscles through the bloodstream. Once it reaches the muscles, the fat can be burned off as calories. The results: you lose weight in the fastest and most natural way possible.

### A miracle weight loss product

The all-natural ingredients in these new apple Fiber capsules can also play an important role in stopping the development of new fat cells. They actually reverse the weight gaining process by causing existing fat cells to open up and drain off ugly body fat. The drained fat is then transported to the muscles where it can be burned off. This makes it possible to virtually eliminate fat deposits on the stomach, butt and thighs in a very brief period of time.

### Frequently asked questions:

**\*Answers from our health specialists team\***

### How do the Apple Fiber Capsules work?

The capsules works like an "anti-fat police force" The ingredients contained in the Apple Fiber Capsules transmit orders to the fat cells to drain and send fat to the muscles through the bloodstream. This redirected fat can then be eliminated by the muscles as they burn calories.

### Why am I losing weight?

The Apple Fiber Capsules help to release fat deposits which have accumulated on the stomach, hips, legs and butt. They can also prevent new fat from penetrating the cells by redirecting it to the muscles where it is burned off, thereby eliminating fat deposits.

### Do Apple Fiber Capsules pose a health hazard?

Absolutely not. In fact, it's quite the opposite. The natural ingredients in the capsules do not solve your fat problem chemically. They solve it biologically. And there are no side effects. You can even eat as much as you like and still lose weight! When properly distributed, an intake of 4000 calories a day can actually help you to lose weight instead of gain it. Because the capsules gently eliminate the toxins and excess weight, each day you'll feel better, more energized and lose weight.

### How many Apple Fiber Capsules should I take?

One capsule twice a day, and you can lose weight effortlessly. Because of the high concentration, and a perfect dosage of ingredients, take one capsule before morning meal, and a second one before evening meal. As simple as that.

### Why does the Apple Fiber come in capsules?

Drinking liquid apple cider vinegar every day can be a real challenge for many people. But the apple flavored capsules are very easy on your stomach. They contain powdered apple Fiber enriched with natural minerals and vitamins to enhance weight loss. These 100% natural apple Fiber capsules contain healthy bio-active substances that further speed up slimming.

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# Battling QBs just want wins

**Huskies.** Rossong, Creighton say they'll support each other no matter who's the starter



ANDREW RANKIN  
andrew.rankin@metronews.ca

Jack Creighton admits he's always had a trying relationship with fellow-quarterback teammates.

Not so this time around, says the Saint Mary's Huskies' fifth year pivot.

He and Lower Sackville's Ben Rossong went into the start of the season knowing they'd be battling for the No. 1 spot. That's happened, and the pair say they're willing to set their egos aside for the sake of the team.

"I've never had a year like this, where quarterbacks get along," Creighton said. "It's really weird. A lot of times competing quarterbacks end up resenting each other."

It's been a tough start for the 1-2 Huskies, who are coming off a disappointing 29-15 loss to the Mount Allison Mounties last Friday.

Rossong, who played the first two games of the season

## Friendly rivalry

"We both understand we're competing, and someone has to step up eventually because you can't have a two-quarterback system all year and still be successful, I believe."

Saint Mary's quarterback Jack Creighton

with a 1-1 record, has played well for stretches but has had difficulty igniting a lacklustre offensive unit that has averaged just 13 points a game. No one, including the squad's head coach Perry Marchese, is laying blame squarely on Rossong.

But Creighton did enough when given the chance to take over for Rossong against the Mounties to earn the starting job on Friday, when the Huskies host the 2-1 St. Francis Xavier X-Men at 7 p.m.

But Rossong, who is also scheduled to see some game action on Friday, is OK with the change.

"Either way we're both going to have a chance to move this offence," said Rossong. "We both have the same goal, that no matter who's there we



Lower Sackville's Ben Rossong is no longer the Huskies' starting quarterback ... for now. JEFF HARPER/METRO

just want the offence to be successful."

Both believe they have a much better offence than what the stats suggest. They also agree a turnaround starts with

12 players playing as an offensive unit.

"Last game, every play there was one guy, not necessarily the same guy, but someone was screwing up and we weren't

executing the way we needed to," said Creighton.

"We have it in us as an offence, but everyone has to consistently be playing to their ability."

## Darcy Ashley to make his return to the ice on Oct. 11



Mooseheads forward Darcy Ashley  
JEFF HARPER/METRO

Halifax Mooseheads forward Darcy Ashley has taken little pleasure watching from the sidelines as his team tries to find its groove.

But at least the QMJHL's reigning Hardest Working Player of the Year Award recipient has the comfort of knowing he'll be fully healed from a torn thumb ligament he suffered last month, and back in

the lineup on Oct. 11 when the Herd host the Blainville-Boisbriand Armada.

"Any time you're sitting out, it's hard to watch, and I'm getting a good taste right now; it'll be 11 games," Ashley said. "It's something I don't want to go through again, that's for sure."

Entering his fourth and final year with the Herd, his scoring punch and tenacity will be a

## Ready to go

"It's something I don't want to go through again, that's for sure."

Herd forward Darcy Ashley on sitting out with a torn thumb ligament

welcome addition to the 2-3 Mooseheads.

In 66 games last season, he collected a career-best 26 goals and 52 assists in 66 regular season games, along with 11 points in 17 playoff contests.

"I'll be ready when I get back," he said. "I'm really excited to get my season underway. Hopefully, I can bring a little more offence to the team and we can get on a little streak here." ANDREW RANKIN/METRO

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4 SPORTS



# Players locked in to a full schedule



Rangers goalie Martin Biron makes the save on the Oilers' Jordan Eberle during pre-season hockey in Edmonton on Tuesday. Eberle is just one player looking forward to a season without the stresses of a lockout. JASON FRANSON/THE CANADIAN PRESS

## One year after lockout.

NHLers reflect on last year's uncertainty and this year's excitement

A little over a year ago, Jordan Eberle packed his things and drove from his summer home in Calgary to Edmonton like any other season, but there was one major difference.

"Obviously, I didn't know where I was playing," the Oilers forward said.

The uncertainty of the lockout "overwhelmed everything," in the words of NHLPA executive director Donald Fehr. For players, not having a target date to shoot for a year ago made for a unique challenge.

"You didn't know what was going to happen," Boston Bruins goaltender Tuukka Rask said. "You just didn't want to burn yourself out by working out."

Those worries and so many others are gone. The 2013-14 NHL season features full training camps and exhibition schedules and, most important-

ly, an 82-game season that feels much more familiar than the 48-game sprint of last season.

"This is a little bit more back to normal," New York Rangers goaltender Henrik Lundqvist said. "After a long summer, you're excited to be back on the ice and get ready and start playing again. The same feeling you had last summer, it was just you never got the chance to start on time. That was disappointing, but we moved past that now and I think everybody's just happy to be back and preparing for a new season. I think both players and hopefully fans feel the same way."

Harmony returned to hockey not too long after the acrimonious lockout ended in January. Fehr was not surprised that the focus shifted quickly from boardroom monotony to intense focus on the ice.

A memorable Stanley Cup final between the Chicago Blackhawks and the Bruins closed out the spectacular season that almost wasn't. It was the most watched final on record, and other ratings and attendance figures made the lockout seem like a distant

## Lockout fallout

An even split of hockey-related revenue between the owners and players set the salary cap at \$64.3 million, making for plenty of roster questions in the closing days of the pre-season.

- Realignment into four divisions and a new play-off format emphasizing division play and rivalries adds a layer of unpredictability to the proceedings.
- The Red Wings and Blue Jackets' move to the Eastern Conference could displace one or more playoff teams while the Winnipeg Jets got a geographic gift with their shift to the Western Conference.

memory.

"It's almost like it was forgotten about a week after you start playing," NHL executive vice president and director of hockey operations Colin Campbell said. THE CANADIAN PRESS



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# IOC convinced Russia will respect charter

**Sochi check.** But commission admits it 'doesn't really have the right to discuss the laws in the country'

The International Olympic Committee doesn't have the authority to intervene in Russia's

law banning gay propaganda and is convinced there will be no discrimination against athletes or spectators at the Winter Games in Sochi, a top Olympic official said Thursday.

Jean-Claude Killy, chairman of the IOC Coordination Commission, gave his stamp of approval of Russian preparations for the Games during a news conference at the conclusion of the commission's 10th and

## Quoted



**"The Olympic charter states that all segregation is completely prohibited, whether it be on the grounds of race, religion, colour or other, on the Olympic territory."**

Jean-Claude Killy, chairman of the IOC Coordination Commission

final visit to Sochi before the Olympics, which begin on Feb. 7.

Russia has come under scrutiny as the next host of the Olympics because of the

law passed this summer outlawing "propaganda of non-traditional sexual relations among minors," which many worry may apply to gay athletes and visitors to the games.

Killy said the commission considered the issue carefully and in the end was fully convinced that Russia will respect the Olympic charter, which prohibits discrimination of any kind. He said the IOC had re-

ceived written assurances from Russian officials there would be no discrimination.

Russian officials insist the law is designed to protect children and doesn't infringe on the rights of gays.

The Human Rights Campaign, the largest gay rights organization in the U.S., condemned the IOC's assessment of the Russian law.

THE ASSOCIATED PRESS



## Exit Sandman: Rivera throws final pitch in Bronx

Baseball's most acclaimed relief pitcher made an emotional exit in his final appearance in the Yankees' home pinstripes on Thursday night. Captain Derek Jeter and Andy Pettitte came to the mound to remove Rivera with two outs in the ninth inning of a 4-0 loss to the Tampa Bay Rays. Both Rivera and Pettitte will retire after the season. KATHY WILLENS/THE ASSOCIATED PRESS

## NHL

### Thomas lands full-time gig in Florida

Tim Thomas is officially back in the NHL.

The Stanley Cup-winning goalie signed a one-year contract Thursday with the

Florida Panthers, a move that was expected for several days. Financial terms were not released.

The team will also introduce Vincent Viola as its new owner on Friday, according to a person familiar with the situation.

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Dallas centre Shawn Horcoff checks Cole Harbour's Nathan MacKinnon Thursday in Dallas. TONY GUTIERREZ/THE ASSOCIATED PRESS

## Avs Star-struck in Big D

**NHL.** MacKinnon held off scoresheet in pre-season defeat

Alex Chiasson scored two goals and the Dallas Stars earned a 5-1 pre-season victory over the Colorado Avalanche on Thursday in Texas.

Kari Lehtonen made 25 saves for the Stars.

Cole Harbour native and former Halifax Moosehead Nathan MacKinnon was a minus-1 with one shot in 17:50 of ice time

in his return to the Avalanche lineup after missing time with a hip flexor injury.

Chiasson opened the scoring 55 seconds into the game. He picked up his third goal of the pre-season at 6:30 of the third period on a power play.

Erik Cole and Valeri Nichushkin also scored for the Stars.

Alex Goligoski added a goal and two assists. Tyler Seguin and Ray Whitney both had two assists for Dallas.

Jamie McGinn scored for Colorado.

THE ASSOCIATED PRESS

### Elsewhere Thursday

- **Canadiens 3, Senators 1.** Tomas Plekanec's goal, and a strong performance by Carey Price, gave Montreal a 3-1 victory over visiting Ottawa.

- **Bruins 3, Jets 2 (OT).** Loui Eriksson sent a high shot past goalie Ondrej Pavelec to give Boston a 3-2 pre-season victory in overtime against Winnipeg.

### MLB

#### AMERICAN LEAGUE

##### EAST DIVISION

	W	L	Pct	GB
Boston	96	63	.604	—
Tampa Bay	90	69	.566	6
Baltimore	83	76	.522	13
New York	82	77	.516	14
Toronto	72	87	.453	24

##### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	93	66	.585	—
Cleveland	88	70	.557	4½
Kansas City	83	75	.525	9½
Minnesota	66	92	.418	26½
Chicago	62	96	.392	30½

##### WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	87	71	.551	6½
Los Angeles	78	80	.494	15½
Seattle	70	89	.440	24
Houston	51	108	.321	43

##### Thursday's results

Baltimore 3 Toronto 2  
Tampa Bay 4 N.Y. Yankees 0  
L.A. Angels at Texas  
Kansas City at Chicago White Sox  
Cleveland at Minnesota

##### Wednesday's results

L.A. Angels 3 Oakland 1  
Cleveland 7 Chicago White Sox 2  
Baltimore 9 Toronto 5  
Tampa Bay 8 N.Y. Yankees 3  
Texas 7 Houston 3  
Detroit 1 Minnesota 0  
Seattle 6 Kansas City 0  
**Friday's games — All Times Eastern**  
Boston (Buchholz 11-1) at Baltimore (Feldman 5-5), 7:05 p.m.  
Tampa Bay (Hellickson 12-9) at Toronto (Dickey 13-13), 7:07 p.m.  
L.A. Angels (Wilson 17-7) at Texas (Ogando 7-4), 8:05 p.m.  
N.Y. Yankees at Houston (Oberholtzer 4-4), 8:10 p.m.  
Kansas City (Shields 12-9) at Chicago White Sox (Sale 11-13), 8:10 p.m.  
Cleveland (Kluber 10-5) at Minnesota (Hernandez 3-2), 8:10 p.m.  
Oakland (Colon 17-6) at Seattle (Hernandez 12-9), 10:10 p.m.

#### NATIONAL LEAGUE

##### EAST DIVISION

	W	L	Pct	GB
Atlanta	94	65	.591	—
Washington	84	75	.528	10
New York	73	86	.459	21
Philadelphia	72	87	.453	22
Miami	59	100	.373	35

##### CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	72	87	.453	22
Chicago	66	93	.415	28

##### WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	67	.576	—
Arizona	80	79	.503	11½
San Diego	75	84	.472	16½
San Francisco	73	85	.462	18
Colorado	72	87	.453	19½

##### Thursday's results

San Diego 3 Arizona 2 (11)  
Milwaukee 4 N.Y. Mets 2  
Atlanta 7 Philadelphia 1

##### Wednesday's results

N.Y. Mets 1 Cincinnati 0  
St. Louis 4 Washington 1  
Chicago Cubs 4 Pittsburgh 2  
Milwaukee 4 Atlanta 0  
Miami 3 Philadelphia 2  
Boston 15 Colorado 5  
San Diego 12 Arizona 2  
San Francisco 6 L.A. Dodgers 4  
**Friday's games — All Times Eastern**  
Detroit (Porcello 13-8) at Miami (Koehele 4-10), 7:10 p.m.  
Milwaukee (Gallardo 11-10) at N.Y. Mets (Torres 4-5), 7:10 p.m.  
Pittsburgh (Burnett 9-11) at Cincinnati (Bailey 11-11), 7:10 p.m.  
Philadelphia (Lee 14-7) at Atlanta (Medlen 14-12), 7:30 p.m.  
Chicago Cubs (Wood 9-11) at St. Louis (Lynn 14-10), 8:15 p.m.  
Washington (Strasburg 7-9) at Arizona (Corbin 14-7), 9:40 p.m.  
Colorado (McHugh 0-3) at L.A. Dodgers (Kershaw 15-9), 10:10 p.m.  
San Diego (Smith 1-2) at San Francisco (Voelgelson 3-6), 10:15 p.m.

### CFL

#### WEEK 14

##### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

##### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

**Friday's game — All Times Eastern**  
B.C. at Winnipeg, 8 p.m.

##### Saturday's games

Calgary at Hamilton, 6 p.m.  
Toronto at Edmonton, 9 p.m.

##### Sunday's game

Saskatchewan at Montreal, 1 p.m.

### NFL

#### WEEK 4

##### Thursday's result

San Francisco at St. Louis

##### Sunday's games — All Times Eastern

Seattle at Houston, 1 p.m.  
N.Y. Giants at Kansas City, 1 p.m.  
Pittsburgh at Minnesota, 1 p.m.  
Baltimore at Buffalo, 1 p.m.  
Arizona at Tampa Bay, 1 p.m.  
Cincinnati at Cleveland, 1 p.m.  
Indianapolis at Jacksonville, 1 p.m.  
Chicago at Detroit, 1 p.m.  
N.Y. Jets at Tennessee, 4:05 p.m.  
Philadelphia at Denver, 4:25 p.m.  
Dallas at San Diego, 4:25 p.m.  
Washington at Oakland, 4:25 p.m.  
New England at Atlanta, 8:30 p.m.  
**Monday's game**  
Miami at New Orleans, 8:40 p.m.

### MLS

##### Friday's game — All Times Eastern

Philadelphia at Kansas City, 8 p.m.

##### Saturday's games

D.C. United at Toronto FC, 1 p.m.  
Real Salt Lake at Vancouver, 7 p.m.  
Houston at New England, 7:30 p.m.  
Montreal at Chicago, 8:30 p.m.

##### Sunday's games

Los Angeles at Portland, 3:30 p.m.  
Columbus at FC Dallas, 8:30 p.m.  
New York at Seattle, 9 p.m.  
San Jose at Chivas USA, 11 p.m.

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## Horoscopes

### Aries

March 21 - April 20

Get your head out of the clouds and be more practical. No matter how pleased you may be by recent events, you cannot afford to believe that nothing will change. Fantasy is fun but the real world matters.

### Taurus

April 21 - May 21

You may feel guilty that you have not spent more time with someone you are fond of but they understand, so don't beat yourself up. You will get plenty of chances to make it up to them over the weekend.

### Gemini

May 22 - June 21

Something will go wrong today but it's no big deal. Stay calm and tackle the problem in a controlled way. Others will react on an emotional level, so you must keep your head.

### Cancer

June 22 - July 23

A difficult decision involving a family matter will have to be made and you must make the final call. You may not want to hurt a loved one's feelings but sometimes you have to be cruel to be kind.

### Leo

July 24 - Aug. 23

You need to streamline your workload and you can start by knocking minor projects on the head. If they don't take you closer to your number one goal then they are a waste of time — get rid of them.

### Virgo

Aug. 24 - Sept. 23

Conserve your energy. The planets indicate that the weekend could be extra busy, so make use of today's less stressful aspects to rest.

### Libra

Sept. 24 - Oct. 23

Promise yourself that no matter what kind of situation you find yourself in you will find a way to turn it to your advantage. You're nothing if not creative.

### Scorpio

Oct. 24 - Nov. 22

You are many things but no way are you stupid. Which makes you wonder why someone is trying to get you interested in a plan that has no way of ever succeeding.

### Sagittarius

Nov. 23 - Dec. 21

There are some things that even a fun-loving Sagittarian finds too serious to laugh about and one such topic is dominant now. Others may mock but you think a sense of respect is in order and intend to act accordingly.

### Capricorn

Dec. 22 - Jan. 20

Try to be tolerant of people who see life from a different angle. Some of them may be a bit lacking in the brain box department but it takes all sorts to make a world.

### Aquarius

Jan. 21 - Feb. 19

Strive to stay on good terms with partners, whatever differences of opinion you may have had recently. You will need all the support you can get over the weekend, so don't alienate anyone.

### Pisces

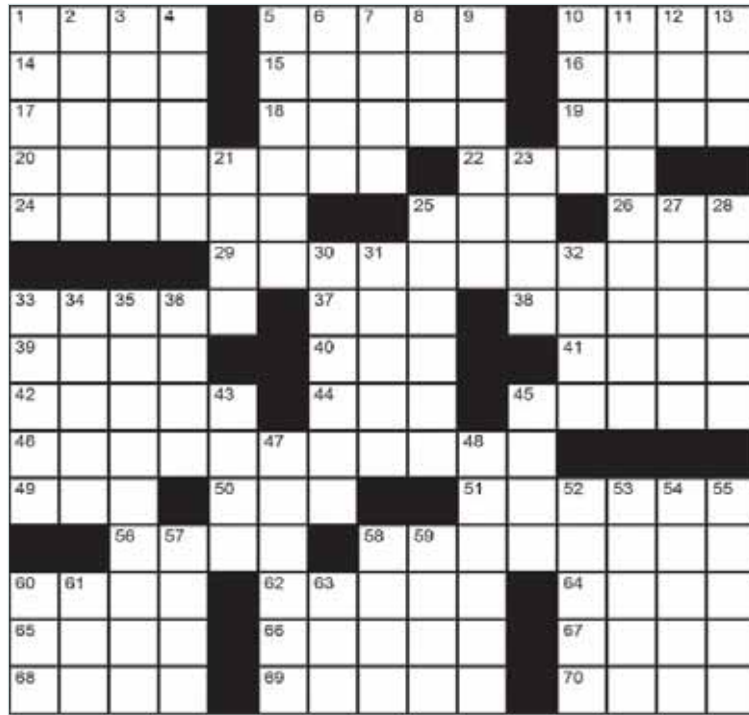
Feb. 20 - March 20

If there are any loose ends of a financial nature that need to be tied up then get tying now because come Sunday you will no longer be in charge of what happens. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Glycolic \_\_\_ (Skin product ingredient)
- Promise yourself that no matter what kind of situation you find yourself in you will find a way to turn it to your advantage. You're nothing if not creative.
- Norwegian king, variantly
- Metric weights, for short
- Place for makeup
- Kingston, ON: Royal \_\_\_ College of Canada
- Faux-teller
- Song type
- Racket
- '\_' for Montreal
- Canadian chocolate bar: 2 wds.
- Suits components
- Curve
- Juno-winning band from Winnipeg, \_\_\_ & Hawk
- But: German
- Eggs of fish
- Kin of Eire
- Mr. Bean por-trayer, \_\_\_ Atkinson
- Have
- Actress, Kirsten \_\_\_
- Singer nicknamed 'Canada's Country Gentleman': 2 wds.
- Music style
- Natalie Cole's father
- Chips with gooey cheese
- Light beams



- Architectural landmark in Toronto: 2 wds.
- British songstress, \_\_\_ Dee
- Vera Wang customer
- Parliament Hill worker
- Hold on property

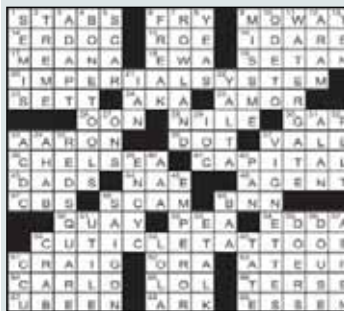
- Someone who appraises
- Keep in \_\_\_ (Dance teacher's instruction)
- Politician Mr. Romney
- Moulding styles
- Royal Canadian \_\_\_
- The Gap Band's

- "You Dropped \_\_\_ on Me"
- Salsa singer Ms. Cruz
- Counting every-thing: 2 wds.
- Satan
- Gilbert & Sullivan's The \_\_\_
- Mideast chieftain,

- variantly
- NBC's "The Voice" host Carson
- In times past
- "Gigi" (1958) star Ms. Caron
- Couch
- Nunavut's official bird, Rock \_\_\_
- And so on [abbr.]

- \_\_\_-eyed
- tic \_\_\_ (Some candies)
- Early filmom's Thomas H. \_\_\_ (b.1882 - d.1924)
- Proper
- Small lands on water
- Type of wheat
- "Groovy, man.": 2 wds.
- Displeased look
- Brand of spaghetti sauce
- Roles
- You can't judge \_\_\_ by its cover
- Town between Toronto and Barrie in Ontario
- Streetcar, in Britain
- \_\_\_, \_\_\_ (Part of a Big Apple addr.)
- Horse-hauled cart
- Board game company
- Inputs informa-tion
- \_\_\_ Provincial Park, in BC
- Port-au-Prince's locale
- "Back in the \_\_\_ days..."
- Got Z's
- Isn't, in slang
- Mention
- Notion, in Mont-real
- Dutch airline
- Gladiator's 3
- Chide

## Yesterday's Crossword

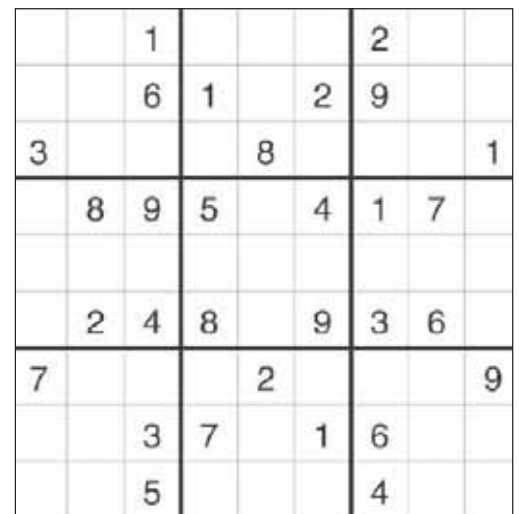


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

16°/7°

Partly cloudy

**Saturday**

19°/10°

Sunny

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